



## Rainbow Rotini Salad

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup olives black pitted sliced
- ☐ 1 cup broccoli florets
- ☐ 1 large cucumber chopped
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 bell pepper green chopped
- ☐ 1 onion chopped
- ☐ 16 ounce colored rotini pasta
- ☐ 8 ounce salad dressing italian-style

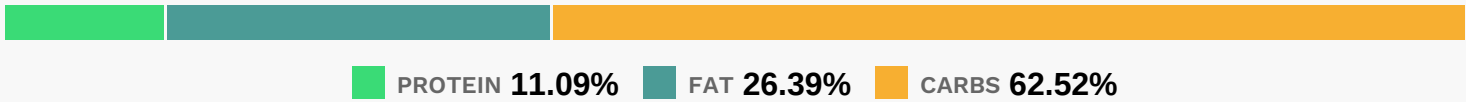
☐ 2 tomatoes chopped

## Equipment

## Directions

- ☐ Bring 4 quarts of water to a rapid boil (2 teaspoons of salt can be added, optional).
- ☐ Add rotini. Return water to rapid boil and cook uncovered, stirring frequently, for about 10 to 12 minutes.
- ☐ Drain. Rinse in cold water.
- ☐ Combine cooked pasta with tomatoes, green bell pepper, onion, cucumber, broccoli, mushrooms, olives and Italian salad dressing. Cover and chill. Toss salad before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:17.97, Inflammation Score:-6, Nutrition Score:13.578695597208%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

## Nutrients (% of daily need)

Calories: 327.58kcal (16.38%), Fat: 9.66g (14.86%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 47.6g (17.31%), Sugar: 7.33g (8.14%), Cholesterol: 0mg (0%), Sodium: 555.75mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Selenium: 38.06µg (54.37%), Vitamin C: 28.82mg (34.94%), Manganese: 0.65mg (32.74%), Vitamin K: 33.88µg (32.26%), Fiber: 3.89g (15.55%), Phosphorus: 151.61mg (15.16%), Copper: 0.29mg (14.57%), Magnesium: 47.24mg (11.81%), Vitamin B6: 0.23mg (11.43%), Potassium: 398.03mg (11.37%), Vitamin E: 1.65mg (11%), Vitamin A: 484.05IU (9.68%), Vitamin B3: 1.83mg (9.15%), Folate: 33.53µg (8.38%), Vitamin B1: 0.12mg (7.67%), Zinc: 1.09mg (7.26%), Iron: 1.28mg (7.09%), Vitamin B2: 0.12mg (7.01%), Vitamin B5: 0.64mg (6.36%), Calcium: 42.7mg (4.27%)