



Salad Taverna

READY IN



23 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon anise seed
- ☐ 0.5 cup olives black sliced
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons juice of lemon
- ☐ 8 ounces spinach noodles dry
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper sauce green hot
- ☐ 1 cup ricotta cheese
- ☐ 0.5 teaspoon salt

☐ 2 tomatoes coarsely chopped

Equipment

☐ bowl

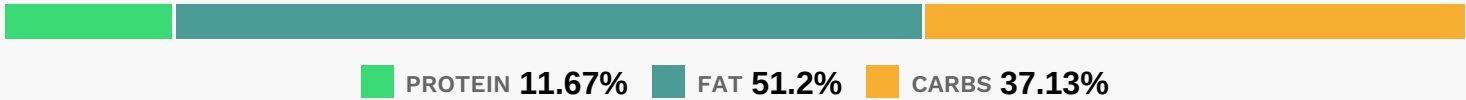
☐ whisk

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large bowl, whisk together olive oil, lemon juice, garlic, hot pepper sauce, anise seed and salt.
- ☐ Mix in cooked pasta, ricotta cheese, tomatoes, and olives. Cover, and chill.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:12.15, Inflammation Score:-5, Nutrition Score:9.3373912650606%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 344.92kcal (17.25%), Fat: 19.79g (30.44%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 30.15g (10.96%), Sugar: 2.46g (2.73%), Cholesterol: 21.08mg (7.03%), Sodium: 417.56mg (18.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Selenium: 30.07µg (42.96%), Manganese: 0.41mg (20.48%), Vitamin E: 2.48mg (16.51%), Phosphorus: 149.17mg (14.92%), Vitamin A: 571.23IU (11.42%), Vitamin C: 8.96mg (10.86%), Calcium: 106.15mg (10.61%), Vitamin K: 11.13µg (10.6%), Fiber: 2.13g (8.52%), Copper: 0.16mg (8%), Magnesium: 31.21mg (7.8%), Zinc: 1.11mg (7.37%), Potassium: 242.36mg (6.92%), Vitamin B2:

0.11mg (6.72%), Vitamin B6: 0.12mg (5.95%), Iron: 0.96mg (5.34%), Folate: 19.8µg (4.95%), Vitamin B3: 0.97mg (4.86%), Vitamin B1: 0.06mg (4.03%), Vitamin B5: 0.3mg (3.05%), Vitamin B12: 0.14µg (2.34%)