



Salsa Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



11

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce olives black sliced canned
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons garlic salt
- ☐ 4 ounce chiles diced green canned
- ☐ 0.3 cup juice of lemon
- ☐ 1 onion chopped
- ☐ 2 cups rainbow radiatore pasta dry

- ☐ 1 bell pepper red chopped
- ☐ 3 tomatoes diced
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup distilled vinegar white
- ☐ 1 tablespoon sugar white

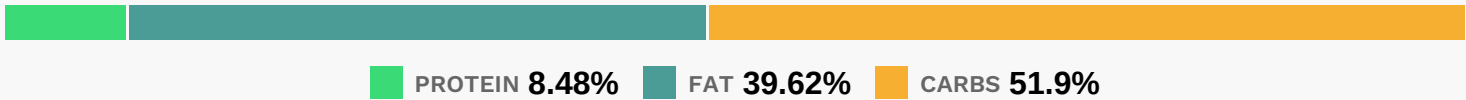
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large pot with boiling salted water cook radiatore pasta until al dente.
- ☐ Drain.
- ☐ Meanwhile, combine chopped onion, bell pepper, olives, tomatoes, and green chilies in a large bowl.
- ☐ In a small bowl, whisk together vinegar, cilantro, garlic salt, lemon juice, vegetable oil, sugar and chili powder.
- ☐ Mix cooked pasta with vegetables. Toss with cilantro dressing and serve.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:4.72, Inflammation Score:-7, Nutrition Score:6.2126087416773%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 104.78kcal (5.24%), Fat: 4.78g (7.35%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 11.96g (4.35%), Sugar: 3.47g (3.85%), Cholesterol: 0mg (0%), Sodium: 614.76mg (26.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin C: 25.67mg (31.12%), Vitamin A: 932.73IU (18.65%), Selenium: 7.33µg (10.47%), Vitamin E: 1.41mg (9.43%), Manganese: 0.18mg (9.16%), Vitamin K: 8.99µg (8.56%), Fiber: 2.12g (8.48%), Vitamin B6: 0.12mg (6.11%), Folate: 21.81µg (5.45%), Potassium: 183.33mg (5.24%), Copper: 0.09mg (4.28%), Phosphorus: 39.39mg (3.94%), Magnesium: 15.59mg (3.9%), Iron: 0.66mg (3.65%), Vitamin B3: 0.7mg (3.49%), Vitamin B1: 0.04mg (2.72%), Calcium: 24.21mg (2.42%), Vitamin B2: 0.04mg (2.22%), Zinc: 0.31mg (2.06%), Vitamin B5: 0.15mg (1.54%)