



Simple Pasta Salad

READY IN



30 min.

SERVINGS



12

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cucumbers chopped
- 1 bunch green onions chopped
- 16 ounce salad dressing italian
- 1 tablespoon penzey's southwest seasoning italian
- 4 ounces parmesan cheese grated
- 16 ounce rotini pasta uncooked
- 6 tomatoes chopped

Equipment

bowl

pot

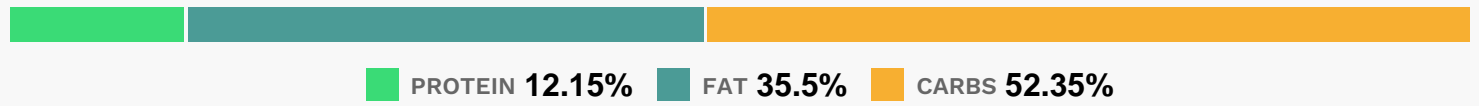
Directions

Bring a large pot of lightly salted water to a boil.

Place pasta in the pot, cook for 8 to 12 minutes, until al dente, and drain.

In a large bowl, toss the cooked pasta with the Italian dressing, cucumbers, tomatoes, and green onions. In a small bowl, mix the Parmesan cheese and Italian seasoning, and gently mix into the salad. Cover, and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:12.12, Inflammation Score:-6, Nutrition Score:11.043913128583%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 289.55kcal (14.48%), Fat: 11.42g (17.56%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 35.35g (12.85%), Sugar: 7.47g (8.3%), Cholesterol: 8.22mg (2.74%), Sodium: 547.49mg (23.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Selenium: 28.03µg (40.05%), Vitamin K: 36.56µg (34.81%), Manganese: 0.5mg (24.85%), Phosphorus: 163.64mg (16.36%), Vitamin A: 670.67IU (13.41%), Vitamin C: 10.56mg (12.8%), Calcium: 117.63mg (11.76%), Potassium: 357.96mg (10.23%), Fiber: 2.53g (10.11%), Magnesium: 39.52mg (9.88%), Copper: 0.2mg (9.81%), Vitamin E: 1.35mg (9.01%), Vitamin B6: 0.17mg (8.29%), Zinc: 1.18mg (7.85%), Folate: 25.86µg (6.47%), Iron: 1.09mg (6.06%), Vitamin B1: 0.08mg (5.61%), Vitamin B3: 1.11mg (5.57%), Vitamin B2: 0.08mg (4.9%), Vitamin B5: 0.37mg (3.74%), Vitamin B12: 0.13µg (2.13%)