



WHATSheAte



Speedway Pasta Salad



Dairy Free

READY IN



145 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces tomato sauce canned
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 cup salad dressing italian reduced-fat
- ☐ 2.3 ounces olives ripe drained sliced canned
- ☐ 1 tablespoon oregano dried fresh
- ☐ 0.5 cup onion red chopped
- ☐ 1.5 cups roma tomatoes coarsely chopped (plum)

☐ 16 ounces rotini pasta

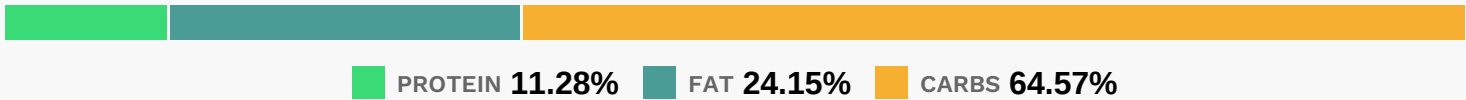
Equipment

☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Mix tomato sauce, dressing, basil and oregano in large bowl.
- ☐ Add remaining ingredients; toss.
- ☐ Cover and refrigerate about 2 hours or until chilled but no longer than 48 hours.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:12.17, Inflammation Score:-6, Nutrition Score:8.5391304766678%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 211.11kcal (10.56%), Fat: 5.7g (8.76%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 31.76g (11.55%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 371.74mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Selenium: 25.25µg (36.07%), Manganese: 0.47mg (23.62%), Vitamin K: 22.28µg (21.22%), Fiber: 2.52g (10.08%), Copper: 0.2mg (9.81%), Phosphorus: 97.13mg (9.71%), Magnesium: 32.57mg (8.14%), Vitamin E: 1.22mg (8.12%), Potassium: 278.39mg (7.95%), Vitamin C: 6.13mg (7.43%), Iron: 1.34mg (7.42%), Vitamin A: 365.82IU (7.32%), Vitamin B3: 1.38mg (6.88%), Vitamin B6: 0.14mg (6.76%), Zinc: 0.73mg (4.86%), Vitamin B2: 0.08mg (4.77%), Folate: 17.75µg (4.44%), Vitamin B1: 0.07mg (4.34%), Vitamin B5: 0.38mg (3.83%), Calcium: 34.75mg (3.47%)