



## Spicy Pasta Salad

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 ounce olives black chopped canned
- 15 ounce black beans rinsed drained canned
- 0.3 cup feta cheese crumbled
- 2 green onions chopped
- 1 pound penne pasta
- 16 ounce salad dressing italian-style
- 0.3 cup sun-dried tomatoes softened sliced

### Equipment

bowl

pot

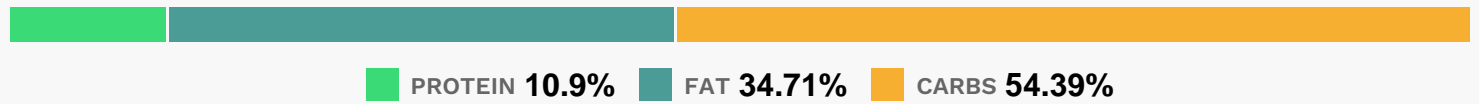
## Directions

In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

In a large bowl, combine the pasta, beans, green onions, olives, sun dried tomatoes and feta cheese.

Add enough salad dressing to coat; toss and chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.38, Glycemic Load:17.56, Inflammation Score:-5, Nutrition Score:14.491304273191%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 447.88kcal (22.39%), Fat: 17.34g (26.68%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 61.14g (20.38%), Net Carbohydrates: 54.45g (19.8%), Sugar: 9.11g (10.13%), Cholesterol: 4.17mg (1.39%), Sodium: 1159.83mg (50.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.51%), Selenium: 38.76µg (55.37%), Vitamin K: 39.88µg (37.98%), Manganese: 0.73mg (36.55%), Fiber: 6.68g (26.74%), Phosphorus: 203.07mg (20.31%), Copper: 0.35mg (17.75%), Magnesium: 61.99mg (15.5%), Vitamin E: 2.14mg (14.26%), Potassium: 475.81mg (13.59%), Iron: 2.39mg (13.26%), Folate: 49.03µg (12.26%), Vitamin B1: 0.17mg (11.22%), Vitamin B2: 0.16mg (9.3%), Vitamin B6: 0.19mg (9.29%), Zinc: 1.35mg (9%), Vitamin B3: 1.79mg (8.96%), Calcium: 77.99mg (7.8%), Vitamin B5: 0.47mg (4.66%), Vitamin C: 3.57mg (4.33%), Vitamin A: 185.83IU (3.72%), Vitamin B12: 0.08µg (1.32%)