



HEALTH SCORE

69%

Spinach Pasta Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz farfalle pasta uncooked (farfalle)
- ☐ 1 small tomatoes cut into fourths
- ☐ 0.5 cup basil pesto
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 4 cups pkt spinach
- ☐ 1 cup carrots thinly sliced
- ☐ 1 small onion red thinly sliced

☐ 14 oz artichokes rinsed drained quartered canned

Equipment

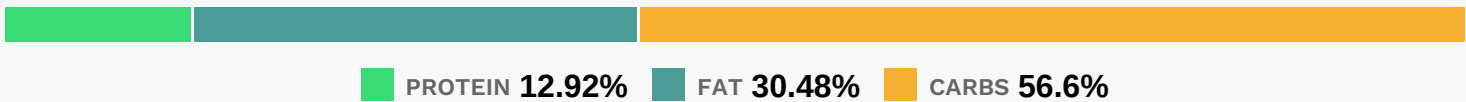
☐ food processor

☐ blender

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ While pasta is cooking, place tomato, pesto, salt and pepper in food processor or blender. Cover; process 30 seconds.
- ☐ Toss pasta, pesto mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:41.64, Glycemic Load:10.9, Inflammation Score:-10, Nutrition Score:20.32695652091%

Flavonoids

Naringenin: 8.37mg, Naringenin: 8.37mg, Naringenin: 8.37mg, Naringenin: 8.37mg Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 239.87kcal (11.99%), Fat: 8.35g (12.85%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 28.54g (10.38%), Sugar: 4.35g (4.83%), Cholesterol: 1.65mg (0.55%), Sodium: 386.04mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Vitamin A: 5991.75IU (119.83%), Vitamin K: 110.64µg (105.37%), Manganese: 0.69mg (34.55%), Selenium: 18.37µg (26.24%), Fiber: 6.36g (25.45%), Folate: 98.71µg (24.68%), Vitamin C: 18.05mg (21.88%), Magnesium: 76.72mg (19.18%), Potassium: 551.68mg (15.76%), Copper: 0.29mg (14.38%), Phosphorus: 139.47mg (13.95%), Iron: 2.03mg (11.27%), Vitamin B6: 0.22mg (10.99%), Calcium: 101.33mg (10.13%), Vitamin B3: 1.64mg (8.2%), Vitamin B1: 0.12mg (7.8%), Vitamin B2: 0.12mg (6.99%), Zinc: 0.94mg (6.26%), Vitamin E: 0.79mg (5.27%), Vitamin B5: 0.45mg (4.54%)