



Spinach Pasta Salad

 Vegetarian

READY IN



145 min.

SERVINGS



8

CALORIES



341 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces baby spinach rinsed
- ☐ 15 ounce olives black drained chopped canned
- ☐ 12 ounce farfalle pasta
- ☐ 2 ounces feta cheese with basil and tomato crumbled
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 juice of lemon juiced

- ☐ 1 onion red chopped
- ☐ 1 cup salad dressing italian-style

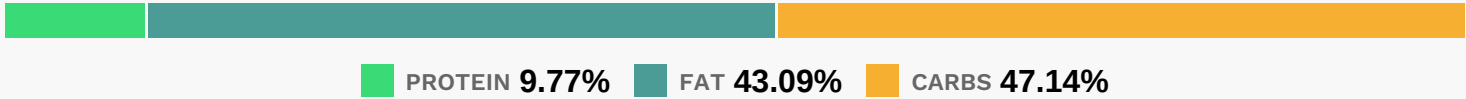
Equipment

- ☐ bowl
- ☐ whisk
- ☐ 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, spinach, cheese, red onion and olives.
- ☐ Whisk together the salad dressing, garlic, lemon juice, garlic salt and pepper.
- ☐ Pour over salad and toss. Refrigerate for 2 hours and serve chilled.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:13.44, Inflammation Score:-10, Nutrition Score:19.611739145673%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 341.15kcal (17.06%), Fat: 16.67g (25.65%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 36.83g (13.39%), Sugar: 5.44g (6.04%), Cholesterol: 6.31mg (2.1%), Sodium: 1378.47mg (59.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.01%), Vitamin K: 188.81µg (179.82%), Vitamin A: 3573.62IU (71.47%), Selenium: 29.65µg (42.36%), Manganese: 0.78mg (38.92%), Vitamin E: 3.46mg (23.06%),

Folate: 83.69µg (20.92%), Fiber: 4.2g (16.81%), Vitamin C: 13.01mg (15.77%), Magnesium: 61.39mg (15.35%), Phosphorus: 134.93mg (13.49%), Copper: 0.25mg (12.64%), Calcium: 117.16mg (11.72%), Vitamin B6: 0.23mg (11.6%), Iron: 1.97mg (10.93%), Potassium: 375.61mg (10.73%), Vitamin B2: 0.16mg (9.54%), Zinc: 1.08mg (7.19%), Vitamin B1: 0.1mg (6.95%), Vitamin B3: 1.25mg (6.23%), Vitamin B5: 0.32mg (3.2%), Vitamin B12: 0.12µg (2%)