



Spring Pasta Salad

READY IN



35 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces asparagus thinly sliced
- 12 ounces cavatappi pasta cold cooked
- 2 teaspoons dijon mustard
- 0.5 cup optional: dill fresh chopped
- 1 clove garlic grated
- 1 pint grape tomatoes halved
- 1 teaspoon honey
- 1 lemon zest juiced
- 0.3 cup olive oil extra-virgin

- 1 box peas frozen
- 8 servings ricotta salata for garnish
- 12 ounce roasted peppers yellow chopped
- 8 servings salt and freshly cracked pepper black
- 1 shallots minced

Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- For the dressing: In a small bowl, whisk together the olive oil, Dijon mustard, honey, garlic, lemon zest and juice, and season with salt and pepper.
- For the pasta: Toss the pasta with the asparagus, peas, roasted peppers, tomatoes, shallots and dill.
- Pour the dressing over the salad, tossing to coat.
- Let the salad hang out for a bit to soak up all of the flavor.
- When ready to serve, bowl it up and shave some ricotta salata over the top to seal the deal.

Nutrition Facts



PROTEIN 11.17% **FAT 41.51%** **CARBS 47.32%**

Properties

Glycemic Index:43.64, Glycemic Load:8.63, Inflammation Score:-8, Nutrition Score:14.79695651089%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg, Isorhamnetin: 2.09mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 210.15kcal (10.51%), Fat: 9.97g (15.35%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 21.09g (7.67%), Sugar: 5.1g (5.67%), Cholesterol: 0.51mg (0.17%), Sodium: 217.17mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin C: 105.02mg (127.3%), Manganese: 0.48mg (24.08%), Vitamin A: 1190.02IU (23.8%), Vitamin K: 24.88µg (23.7%), Selenium: 12.99µg (18.56%), Fiber: 4.49g (17.96%), Folate: 59.23µg (14.81%), Vitamin E: 1.86mg (12.38%), Vitamin B6: 0.24mg (11.82%), Potassium: 402.93mg (11.51%), Iron: 2.05mg (11.39%), Copper: 0.22mg (11.14%), Vitamin B1: 0.16mg (10.97%), Phosphorus: 102.35mg (10.24%), Vitamin B3: 1.85mg (9.25%), Magnesium: 36.21mg (9.05%), Vitamin B2: 0.11mg (6.52%), Zinc: 0.98mg (6.5%), Calcium: 37.95mg (3.79%), Vitamin B5: 0.28mg (2.79%)