

Chef
Camie

 81%
HEALTH SCORE

Sun Drenched Pasta Salad

 Very Healthy

READY IN



32 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

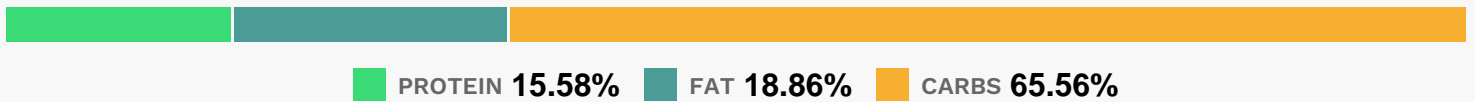
Ingredients

- 16 ounce farfalle pasta
- 1 head broccoli cut into florettes
- 1 cup grilled chicken cooked
- 1 bunch basil fresh chopped
- 1 bunch basil fresh chopped
- 3 garlic clove minced fine
- 1 cup marinated artichoke chopped
- 0.5 cup olive green black sliced (or or a combination of both)

- 1 small onion minced fine
- 0.8 cup parmesan cheese freshly grated
- 8 servings bell pepper
- 8 servings bell pepper
- 1 bell pepper red chopped
- 8 servings pepper red
- 1 teaspoon salt
- 0.3 cup sun-dried olives dried packed (either oil or reconstituted)
- 0.5 cup red wine vinegar (i use paul newman's family recipe when i don't want to make my own)

Equipment

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:20.81, Inflammation Score:-10, Nutrition Score:32.815217391304%

Flavonoids

Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 380.99kcal (19.05%), Fat: 8.21g (12.63%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 64.2g (21.4%), Net Carbohydrates: 54.86g (19.95%), Sugar: 11.82g (13.13%), Cholesterol: 8.16mg (2.72%), Sodium: 754.7mg (32.81%), Protein: 15.26g (30.52%), Vitamin C: 285.6mg (346.18%), Vitamin A: 6697.48IU (133.95%), Vitamin K: 97.83µg (93.17%), Selenium: 42.06µg (60.09%), Manganese: 1.03mg (51.46%), Vitamin B6: 0.78mg (39.07%), Fiber: 9.33g (37.33%), Folate: 140.24µg (35.06%), Vitamin E: 4.4mg (29.3%), Phosphorus: 284.51mg (28.45%), Potassium: 919.15mg (26.26%), Magnesium: 82.57mg (20.64%), Vitamin B2: 0.34mg (19.76%), Vitamin B3: 3.66mg (18.3%), Iron: 3.09mg (17.16%), Calcium: 170.41mg (17.04%), Copper: 0.33mg (16.39%), Vitamin B1: 0.23mg (15.19%), Zinc: 2.13mg (14.23%), Vitamin B5: 1.34mg (13.43%), Vitamin B12: 0.13µg (2.11%)