



Vegetable Vinaigrette Pasta Salad

READY IN



20 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 cup carrots raw diced
- ☐ 1 pound soup noodles cooked
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup grapeseed oil
- ☐ 0.3 cup parmesan grated
- ☐ 1 teaspoon sea salt
- ☐ 1 tablespoon balsamic vinegar white
- ☐ 0.5 cup zucchini raw sliced

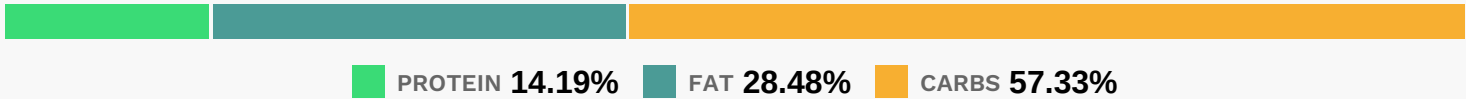
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ To prepare the vinaigrette, in a food processor, blend the carrots, zucchini, Dijon, apple cider vinegar, balsamic vinegar and salt until smooth. Next, slowly add the oil to emulsify, and then remove from the blender. Next, in a bowl, blend the pasta and half of the vinaigrette. Toss and add additional vinaigrette if desired. Once the pasta is thoroughly dressed, place on a serving dish, finish with Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:52.22, Glycemic Load:11.31, Inflammation Score:-8, Nutrition Score:7.0008696712877%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 179.95kcal (9%), Fat: 5.64g (8.68%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 23.57g (8.57%), Sugar: 1.7g (1.89%), Cholesterol: 2.83mg (0.94%), Sodium: 519.01mg (22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.65%), Vitamin A: 1838.73IU (36.77%), Selenium: 22.63µg (32.33%), Manganese: 0.31mg (15.47%), Phosphorus: 86.53mg (8.65%), Vitamin E: 1.2mg (8.01%), Fiber: 1.98g (7.91%), Iron: 1.18mg (6.55%), Calcium: 64.08mg (6.41%), Magnesium: 21.44mg (5.36%), Copper: 0.09mg (4.61%), Zinc: 0.59mg (3.97%), Vitamin B6: 0.08mg (3.79%), Potassium: 110.59mg (3.16%), Vitamin C: 2.5mg (3.03%), Vitamin B2: 0.05mg (2.83%), Folate: 10.44µg (2.61%), Vitamin B1: 0.04mg (2.53%), Vitamin B3: 0.49mg (2.47%), Vitamin K: 2µg (1.9%), Vitamin B5: 0.17mg (1.69%)