



## Veggie Pasta Salad

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 chile pepper fresh hot minced seeded
- 1 cucumber seeded chopped
- 1 teaspoon garlic powder
- 1 bell pepper green minced seeded
- 8 servings ground pepper black to taste
- 0.3 cup juice of lime
- 0.3 cup olive oil
- 8 ounce pasta spirals

- 3 tablespoons red wine vinegar
- 1 teaspoon salt
- 0.3 cup onion diced sweet
- 0.3 cup tomato sauce
- 2 tomatoes seeded chopped

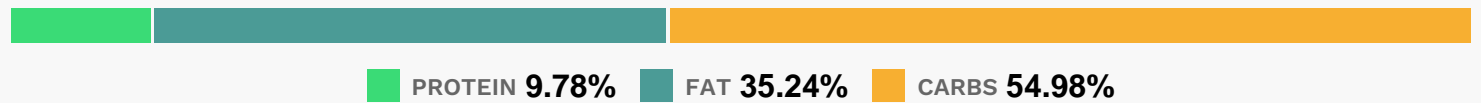
## Equipment

- bowl
- whisk
- pot

## Directions

- Bring a large pot of lightly salted water to a boil; cook the pasta spirals at a boil until tender yet firm to the bite, about 8 minutes; drain. Rinse pasta with cold water until cool; drain.
- Toss drained pasta, sweet onion, green bell pepper, chile pepper, tomatoes, and cucumber together in a large bowl.
- Whisk olive oil, tomato sauce, lime juice, red wine vinegar, garlic powder, salt, and black pepper together in a separate bowl; drizzle over the pasta mixture and stir to coat.
- Chill in refrigerator 2 hours; stir to serve.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:9.2, Inflammation Score:-5, Nutrition Score:7.7852174302806%

## Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin:

1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## **Nutrients (% of daily need)**

Calories: 186.87kcal (9.34%), Fat: 7.38g (11.35%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 23.8g (8.66%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 333.04mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin C: 24.49mg (29.69%), Selenium: 18.14µg (25.92%), Manganese: 0.38mg (18.95%), Vitamin K: 11.16µg (10.62%), Vitamin E: 1.39mg (9.24%), Fiber: 2.08g (8.33%), Vitamin A: 402.49IU (8.05%), Phosphorus: 79.66mg (7.97%), Copper: 0.16mg (7.9%), Vitamin B6: 0.15mg (7.75%), Potassium: 267.85mg (7.65%), Magnesium: 27.94mg (6.98%), Folate: 19.89µg (4.97%), Iron: 0.8mg (4.46%), Vitamin B1: 0.07mg (4.44%), Vitamin B3: 0.88mg (4.41%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.3mg (3.02%), Vitamin B2: 0.05mg (2.74%), Calcium: 20.61mg (2.06%)