



Whole-Wheat Pasta Salad with Grilled Zucchini and Olives

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups basil fresh whole
- 1.5 cups basil fresh whole
- 6 ounces pecorino diced
- 2 garlic clove with 1 teaspoon salt minced mashed
- 0.7 cup olives black chopped
- 0.3 cup olive oil extra-virgin for brushing zucchini (preferably)
- 0.5 cup onion red chopped fine

- 2 tablespoons red-wine vinegar
- 1.5 pounds vine ripened tomato chopped
- 1 pound penne pasta whole-wheat
- 1.5 pounds zucchini

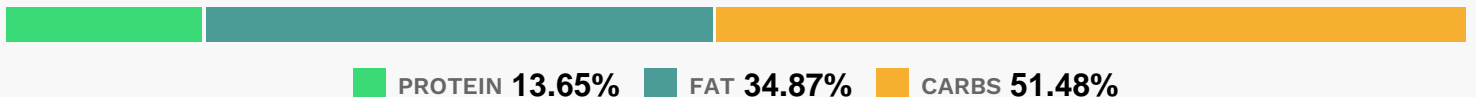
Equipment

- bowl
- grill
- grill pan

Directions

- In a large bowl gently stir together tomatoes, onion, garlic paste, vinegar, and 1/4 cup oil
- Brush one side of zucchini slices lightly with additional oil and season with salt and pepper.
- Heat a well-seasoned ridged grill pan over moderate heat until hot and grill zucchini, oiled sides down, in batches, brushing tops with more oil before turning, 1 to 2 minutes on each side, or until just tender but not soft.
- Transfer zucchini as grilled to a small bowl.
- In a kettle of salted boiling water cook pasta until just tender and drain well.
- Add hot pasta to tomato mixture and toss well. Cool pasta slightly and stir in zucchini, olives, cheese, basil, and salt and pepper to taste. Pasta may be made 4 hours ahead and kept covered at room temperature.
- Serve pasta warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:16.713913077893%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 453.36kcal (22.67%), Fat: 17.55g (27%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 58.31g (19.44%), Net Carbohydrates: 49.43g (17.98%), Sugar: 8.17g (9.08%), Cholesterol: 14.46mg (4.82%), Sodium: 274.32mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.91%), Vitamin K: 69.64µg (66.33%), Vitamin C: 39.32mg (47.66%), Vitamin A: 1989.86IU (39.8%), Fiber: 8.87g (35.49%), Manganese: 0.51mg (25.28%), Potassium: 661.71mg (18.91%), Vitamin E: 2.75mg (18.31%), Vitamin B6: 0.34mg (16.97%), Folate: 58.8µg (14.7%), Phosphorus: 128.22mg (12.82%), Calcium: 122.47mg (12.25%), Magnesium: 47.12mg (11.78%), Vitamin B2: 0.2mg (11.66%), Copper: 0.21mg (10.29%), Iron: 1.41mg (7.81%), Vitamin B1: 0.11mg (7.47%), Vitamin B3: 1.38mg (6.9%), Zinc: 1.02mg (6.82%), Selenium: 4.72µg (6.74%), Vitamin B5: 0.44mg (4.44%), Vitamin B12: 0.1µg (1.61%)