



Whole-Wheat Pasta Salad with Walnuts and Feta Cheese

 Vegetarian

READY IN



62 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups baby spinach leaves chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.5 cup onion diced red
- ☐ 2 tablespoons red wine vinegar

- ☐ 4 servings salt
- ☐ 2 tablespoons walnut oil
- ☐ 0.5 cup walnuts
- ☐ 0.5 pound fusilli whole-wheat

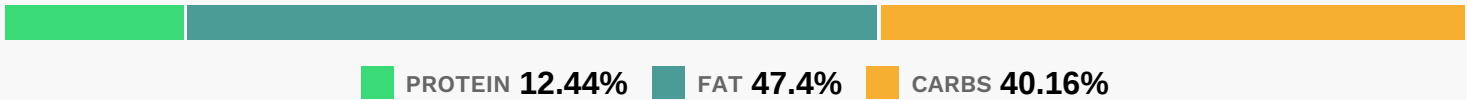
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the pasta according to the directions on the package.
- ☐ Drain the pasta, rinse it under cold water, and put it in the refrigerator to chill.
- ☐ In a dry saute pan toast the walnuts over a medium-high flame until they are fragrant, about 2 minutes. Set the walnuts aside to cool then chop them coarsely.
- ☐ In a large bowl, toss together the chilled pasta, walnuts, feta cheese, onion, and spinach. In a small bowl whisk the oil, vinegar, garlic and mustard.
- ☐ Pour the dressing over the pasta salad and toss to combine. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.91, Inflammation Score:-7, Nutrition Score:11.661739100581%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 415.46kcal (20.77%), Fat: 21.79g (33.52%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 34.81g (12.66%), Sugar: 2.99g (3.32%), Cholesterol: 16.69mg (5.56%), Sodium: 425.08mg (18.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.72%), Vitamin K: 56.38µg (53.69%), Manganese: 0.66mg (32.84%), Fiber: 6.73g (26.92%), Vitamin A: 1138.39IU (22.77%), Copper: 0.26mg (13.24%), Phosphorus: 127.11mg (12.71%), Calcium: 124.59mg (12.46%), Vitamin B2: 0.21mg (12.23%), Folate: 46.03µg (11.51%), Vitamin B6: 0.21mg (10.47%), Magnesium: 38.43mg (9.61%), Zinc: 1.1mg (7.32%), Vitamin B1: 0.1mg (6.58%), Vitamin C: 4.99mg (6.05%), Selenium: 4.01µg (5.73%), Iron: 0.96mg (5.31%), Vitamin B12: 0.32µg (5.28%), Potassium: 174.83mg (5%), Vitamin B5: 0.3mg (3.02%), Vitamin E: 0.4mg (2.67%), Vitamin B3: 0.46mg (2.31%)