



Yogurt-Pasta Salad

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces angel hair pasta dried
- ☐ 0.8 cup carrots shredded
- ☐ 0.3 teaspoon chili flakes hot
- ☐ 14 oz cucumber english
- ☐ 1 teaspoon ginger fresh grated
- ☐ 8 oz apples i use 2 granny smith apples
- ☐ 0.1 teaspoon coarse-ground pepper
- ☐ 2 cups nonfat yogurt plain
- ☐ 1 cup onion white red rinsed drained chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 5 oz zucchini

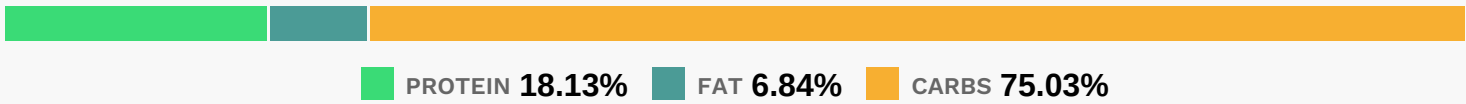
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil. Break pasta in half and drop into boiling water; stir to separate strands and cook, uncovered, until barely tender to bite, 5 to 6 minutes.
- ☐ Drain pasta, rinse with cold water, and drain well.
- ☐ Meanwhile, rinse cucumber, zucchini, and apple. Trim off and discard ends of cucumber and zucchini; cut vegetables into 1/2-inch cubes. Stem and core apple; cut into 1/2-inch cubes.
- ☐ Add cucumber, zucchini, apple, and onion to cool pasta.
- ☐ Pour any excess liquid off yogurt. In a bowl, mix yogurt, ginger, and 1/2 teaspoon salt.
- ☐ Add to rice mixture and stir gently to coat.
- ☐ Set a 6- to 8-inch frying pan over medium-high heat; when hot, add oil and chili flakes and stir just until chili begins to darken slightly, 15 to 30 seconds.
- ☐ Add pepper.
- ☐ Pour over pasta mixture and stir gently to mix, adding more salt to taste. Spoon into a serving bowl and garnish with shredded carrots.

Nutrition Facts



Properties

Glycemic Index:26.23, Glycemic Load:8.28, Inflammation Score:-9, Nutrition Score:10.294347877088%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 156.73kcal (7.84%), Fat: 1.21g (1.87%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 27.46g (9.99%), Sugar: 10.92g (12.13%), Cholesterol: 1.23mg (0.41%), Sodium: 206.62mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin A: 2130.95IU (42.62%), Selenium: 15.96µg (22.79%), Phosphorus: 168.43mg (16.84%), Manganese: 0.33mg (16.37%), Calcium: 147.86mg (14.79%), Vitamin B2: 0.21mg (12.33%), Potassium: 423.41mg (12.1%), Vitamin K: 12.48µg (11.89%), Vitamin C: 8.62mg (10.44%), Fiber: 2.5g (9.99%), Magnesium: 37.66mg (9.42%), Vitamin B6: 0.17mg (8.27%), Zinc: 1.13mg (7.52%), Vitamin B5: 0.73mg (7.25%), Folate: 25.88µg (6.47%), Vitamin B12: 0.37µg (6.23%), Copper: 0.12mg (6.15%), Vitamin B1: 0.09mg (6.14%), Vitamin B3: 0.74mg (3.71%), Iron: 0.66mg (3.69%), Vitamin E: 0.26mg (1.76%)