



Zesty Feta and Vegetable Rotini Salad

READY IN



90 min.

SERVINGS



30

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olives black sliced
- 1 cup cherry tomatoes halved
- 1 cup cucumbers chopped
- 1 cup athenos feta cheese crumbled traditional
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup onions red finely chopped
- 3 cups tri-colored rotini pasta cooled cooked

Equipment

Directions

- Combine ingredients.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:1.89, Inflammation Score:-1, Nutrition Score:1.8173913022746%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 50.13kcal (2.51%), Fat: 2.35g (3.62%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.84g (0.93%), Cholesterol: 4.45mg (1.48%), Sodium: 132.04mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Selenium: 4.68µg (6.68%), Manganese: 0.07mg (3.39%), Phosphorus: 31.58mg (3.16%), Calcium: 29.06mg (2.91%), Vitamin B2: 0.05mg (2.85%), Vitamin K: 2.78µg (2.65%), Vitamin B6: 0.04mg (2.04%), Vitamin C: 1.39mg (1.68%), Zinc: 0.25mg (1.66%), Copper: 0.03mg (1.49%), Vitamin E: 0.22mg (1.44%), Magnesium: 5.69mg (1.42%), Fiber: 0.35g (1.42%), Vitamin B12: 0.08µg (1.41%), Vitamin B1: 0.02mg (1.21%), Vitamin A: 58.86IU (1.18%), Potassium: 39.52mg (1.13%), Folate: 4.27µg (1.07%)