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Italian Pasta Salad

This Italian pasta salad is a refreshing and flavorful dish that is perfect for summer picnics and barbecues. It features a mix of pasta, fresh vegetables, and Newman's Own Low Fat Italian Dressing. The dressing adds a tangy and zesty flavor to the salad, while the vegetables provide a crunchy texture. This salad is easy to make and can be prepared in advance, making it a great option for parties and gatherings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 8

Serving Size: 63 g

Ingredients

0.5 c	newman's own low fat italian dressing
400 g	Pasta
250 g	Cherry Tomatoes
200 g	cucumber

100 g	red onion
100 g	Black Olives
150 g	feta cheese
20 g	Fresh Basil

Directions

Step 1

Boiling

Cook the pasta according to package instructions. Drain and rinse with cold water.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Mixing

In a large bowl, combine the cooked pasta, cherry tomatoes, cucumber, red onion, black olives, feta cheese, and fresh basil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Pour the Newman's Own Low Fat Italian Dressing over the salad and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour before serving to allow the flavors to blend.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 6 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Italian Middle Eastern

Course

Drinks Salads Sauces & Dressings

Demographics

Senior Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet

Low Carb, High Fat (LCHF) Diet South Beach Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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