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## Pasta Primavera Signature Salad

Pasta Primavera Signature Salad is a delicious and refreshing salad that combines pasta, fresh vegetables, and a tangy dressing. It is perfect for a light lunch or as a side dish for a summer barbecue. The salad is easy to prepare and can be customized with your favorite vegetables and herbs.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Pasta
200 g	Cherry Tomatoes
150 g	cucumber
100 g	bell pepper
50 g	red onion

50 g	Olives
100 g	feta cheese
30 g	olive oil
15 g	lemon juice
10 g	dijon mustard
5 g	salt
2 g	black pepper
10 g	Fresh Basil

## Directions

### Step 1

#### Boiling

Cook the pasta according to the 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, bell pepper, red onion, olives, and feta cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Whisking

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Mixing

Pour the dressing over the salad and toss to combine. Garnish with fresh basil.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	2 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	15 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

# Recipe Attributes

## Seasonality

Summer Fall

## Events

Christmas Easter Thanksgiving Barbecue Picnic Game Day

## Cuisines

Italian

## Course

Salads Snacks

## Cultural

Chinese New Year

## Cost

\$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

## Demographics

Kids Friendly Teen Friendly Pregnancy Safe

## Meal Type

Lunch Snack Supper

## Difficulty Level

Easy

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