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Garden Pasta Salad ♦♦

A refreshing and healthy pasta salad filled with fresh garden vegetables and tossed in a light vinaigrette dressing. Perfect for summer picnics and barbecues.

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	Red Bell Pepper
100 g	yellow bell pepper
50 g	red onion

50 g	Black Olives
100 g	feta cheese
30 g	olive oil
15 g	lemon juice
5 g	dijon mustard
2 g	dried oregano
2 g	salt
2 g	black pepper

Directions

Step 1

Boiling

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the dressing over the pasta salad and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 209 kcal

Fat: 10 g

Protein: 7 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 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%
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	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	320 mg	13.91%	13.91%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Events

Barbecue

Picnic

Course

Salads

Snacks

Cultural

Chinese New Year

Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

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

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Vegetarian Diet

Vegan Diet Ovo-Vegetarian Diet Fruitarian Diet Anti-Inflammatory Diet

The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet

The Gerson Therapy The Cabbage Soup Diet The Mayo Clinic Diet

The Beverly Hills Diet The Lemonade Diet The Rice Diet The Werewolf Diet

The Cambridge Diet The Best Life Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet The Peanut Butter Diet

The Bulletproof Diet The Carnivore Diet The Dukan Diet The HCG Diet

The Optavia Diet The Pritikin Diet The Starch Solution Diet The Vertical Diet

The GOLO Diet The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet
The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet
The Bipolar Disorder Diet The Schizophrenia Diet
The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet
Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Frying

Baking

Sautéing

Canning

Cut

Cooking

None

Stir-frying

Heating

Refrigerating

Cooling

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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