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Radiatore Pasta Salad ·

Radiatore Pasta Salad is a refreshing and flavorful dish that is perfect for any occasion. It is made with radiatore pasta, which is shaped like little radiators, and is tossed with a variety of fresh vegetables and a tangy dressing. This salad is great for picnics, barbecues, or as a light lunch or dinner option. It can be served chilled or at room temperature.

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	radiatore pasta
200 g	Cherry Tomatoes
150 g	cucumber
50 g	red onion

50 g	Black Olives
100 g	feta cheese
4 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	dried oregano
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Boiling

Cook the radiatore 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, 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, 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 the pasta salad for at least 1 hour to allow the flavors to meld.

Prep Time: 60 mins

Cook Time: 0 mins

Step 6

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
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	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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

American

Events

Picnic

Course

Salads

Drinks

Snacks

Sauces & Dressings

Nutritional Content

High Protein

Low Carb

Low Sodium

High Iron

High Calcium

Kitchen Tools

Mixer

Stove

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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