



Antipasto Curly Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 7.5 oz marinated artichoke drained chopped
- ☐ 6 oz olives pitted ripe drained canned
- ☐ 0.5 cup parmesan cheese shredded grated
- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 4 oz pimientos drained sliced chopped
- ☐ 4 oz provolone cheese cut into 1/2-inch cubes (1 cup)
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 cup genoa salami cubed

- ☐ 2 tablespoons vegetable oil
- ☐ 3 tablespoons water cold

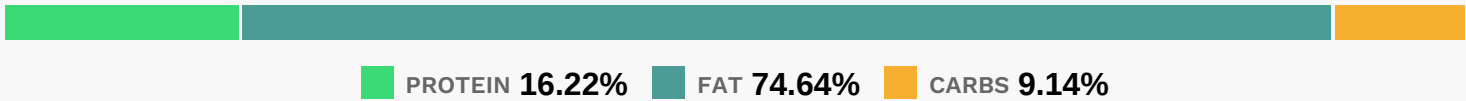
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Meanwhile, in large bowl, stir together Seasoning mix, water, oil and mustard.
- ☐ Add salami, cheese, onion, artichoke hearts, olives and pimentos; toss gently to combine.
- ☐ Drain pasta; rinse with cold water. Shake to drain well.
- ☐ Add pasta to salad mixture; toss gently.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Serve immediately, or cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:10.781739107941%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 309.95kcal (15.5%), Fat: 25.89g (39.82%), Saturated Fat: 8.4g (52.51%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 4.78g (1.74%), Sugar: 1.83g (2.04%), Cholesterol: 35.17mg (11.72%), Sodium: 1301.47mg (56.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Vitamin C: 28.09mg (34.05%), Calcium: 246.03mg (24.6%), Vitamin A: 1208.11IU (24.16%), Phosphorus: 199.57mg (19.96%), Selenium: 11.08µg (15.83%),

Vitamin B12: 0.92µg (15.26%), Vitamin B1: 0.2mg (13.24%), Zinc: 1.85mg (12.31%), Vitamin E: 1.7mg (11.34%), Vitamin K: 11.28µg (10.75%), Vitamin B2: 0.17mg (10.09%), Vitamin B6: 0.2mg (9.96%), Fiber: 2.35g (9.39%), Iron: 1.21mg (6.73%), Vitamin B3: 1.32mg (6.6%), Potassium: 182.12mg (5.2%), Magnesium: 18.6mg (4.65%), Copper: 0.09mg (4.54%), Vitamin B5: 0.34mg (3.44%), Manganese: 0.06mg (3.01%), Folate: 7.85µg (1.96%)