



## Antipasto Dinner Salad

READY IN



15 min.

SERVINGS



4

CALORIES



1350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 lb cheddar cheese cut into 1/2-inch cubes (1 1/2 cups)
- 2 hardboiled eggs cut into wedges
- 0.5 cup olives pitted ripe drained
- 4 cups ranch & bacon pasta salad mix with vegetables vinaigrette-style
- 0.5 lb genoa salami hard cut into 1/2-inch pieces (1 1/2 cups)
- 1 medium tomatoes cut into wedges

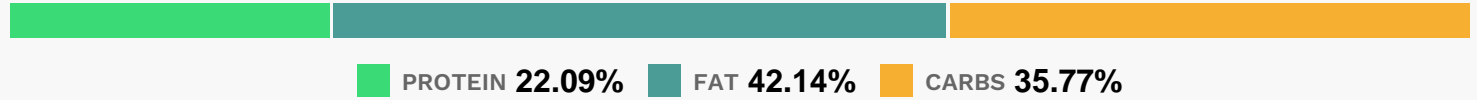
### Equipment

- bowl

## Directions

- In large bowl, mix pasta salad, cheese and salami.
- Garnish salad with eggs, tomato and olives.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:28.963912932769%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 1349.8kcal (67.49%), Fat: 48.24g (74.21%), Saturated Fat: 18.8g (117.47%), Carbohydrates: 92.12g (30.71%), Net Carbohydrates: 82.11g (29.86%), Sugar: 14.99g (16.66%), Cholesterol: 194.74mg (64.91%), Sodium: 5360.31mg (233.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.88g (113.76%), Folate: 484.07µg (121.02%), Vitamin A: 2839.95IU (56.8%), Selenium: 38.3µg (54.71%), Calcium: 523.43mg (52.34%), Phosphorus: 440.58mg (44.06%), Iron: 7.84mg (43.58%), Vitamin B12: 2.47µg (41.1%), Fiber: 10.01g (40.04%), Vitamin B1: 0.58mg (38.34%), Vitamin B2: 0.57mg (33.67%), Zinc: 4.78mg (31.89%), Potassium: 960.92mg (27.45%), Vitamin B6: 0.41mg (20.55%), Vitamin B3: 3.44mg (17.22%), Vitamin B5: 1.22mg (12.16%), Vitamin C: 9.65mg (11.7%), Vitamin E: 1.49mg (9.94%), Magnesium: 35.52mg (8.88%), Copper: 0.15mg (7.55%), Vitamin D: 0.89µg (5.93%), Manganese: 0.09mg (4.35%), Vitamin K: 4.1µg (3.91%)