



Antipasto Pasta

READY IN



20 min.

SERVINGS



6

CALORIES



706 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz artichoke hearts drained quartered
- 1 pound fusilli
- 5.5 oz olives mixed italian pitted
- 0.5 cup pepperoncini seeded drained cut into 1/2-inch slices and
- 8 ounces provolone cheese cut into 1/2-inch cubes
- 6 servings salt and pepper
- 10 ounces soppressata quartered cut into 1/2-inch chunks
- 0.5 cup red wine vinaigrette italian

Equipment

bowl

pot

Directions

In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente, about 12 minutes.

Drain thoroughly.

In a large bowl, combine fusilli with provolone, salami, artichoke hearts, olives, pepperoncini and vinaigrette. Toss gently until well combined. Season with salt and pepper to taste.

Divide salad evenly among 4 shallow bowls or plates.

Serve with Italian bread, if desired.

Nutrition Facts

 **PROTEIN 17.84%**  **FAT 45.45%**  **CARBS 36.71%**

Properties

Glycemic Index:16.17, Glycemic Load:23.12, Inflammation Score:-6, Nutrition Score:21.928695606149%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 706.01kcal (35.3%), Fat: 35.28g (54.28%), Saturated Fat: 13.4g (83.76%), Carbohydrates: 64.12g (21.37%), Net Carbohydrates: 59.62g (21.68%), Sugar: 5.12g (5.69%), Cholesterol: 63.41mg (21.14%), Sodium: 2351.51mg (102.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.16g (62.32%), Selenium: 65.92µg (94.17%), Phosphorus: 445.85mg (44.59%), Manganese: 0.75mg (37.35%), Vitamin B1: 0.53mg (35.49%), Calcium: 325.41mg (32.54%), Vitamin B12: 1.87µg (31.25%), Zinc: 4.32mg (28.81%), Vitamin B6: 0.45mg (22.61%), Vitamin B3: 4.21mg (21.03%), Vitamin B2: 0.33mg (19.41%), Fiber: 4.5g (18%), Copper: 0.35mg (17.43%), Magnesium: 66.65mg (16.66%), Potassium: 453.21mg (12.95%), Vitamin K: 13.22µg (12.59%), Iron: 2.02mg (11.23%), Vitamin E: 1.66mg (11.07%), Vitamin C: 8.62mg (10.45%), Vitamin B5: 1.04mg (10.4%), Vitamin A: 476.95IU (9.54%), Folate: 22.11µg (5.53%), Vitamin D: 0.19µg (1.26%)