



Antipasto Pasta

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups asiago cheese divided grated
- 2 cups basil fresh divided chopped
- 12 ounces pasta
- 3 tablespoons olive oil
- 4 large portabello mushrooms dark stemmed sliced (5-inch-diameter)
- 1 cup the salad with olives sliced

Equipment

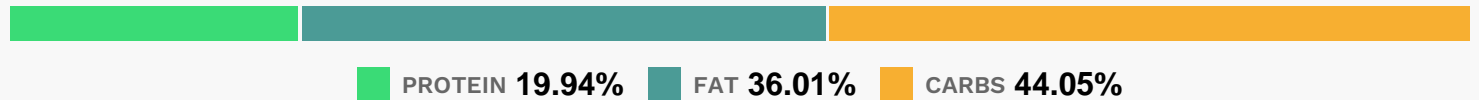
- bowl

pot

Directions

- Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- Drain, reserving 1/2 cup pasta cooking liquid.
- Heat oil in same pot over medium-high heat.
- Add mushrooms; sauté until tender and brown, about 6 minutes.
- Add salami; toss 30 seconds.
- Add pasta, 1/2 cup cooking liquid, sliced vegetables, reserved marinade, and 1 1/2 cups cheese; toss until liquid thickens and coats pasta, about 3 minutes.
- Mix in 1 1/2 cups basil. Season with pepper.
- Transfer to bowl.
- Sprinkle with 1/2 cup basil; serve with 1/2 cup cheese.
- Asiago is an Italian cow's-milk cheese with a rich, nutty flavor. It can be found at some supermarkets, specialty foods stores, and Italian markets.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:26.05, Inflammation Score:-8, Nutrition Score:26.063478221064%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 627.19kcal (31.36%), Fat: 25.08g (38.58%), Saturated Fat: 9.95g (62.16%), Carbohydrates: 69.01g (23%), Net Carbohydrates: 65g (23.64%), Sugar: 4.81g (5.34%), Cholesterol: 34mg (11.33%), Sodium: 816.95mg (35.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Selenium: 80.7µg (115.29%), Calcium: 635.03mg (63.5%), Phosphorus: 609.08mg (60.91%), Vitamin K: 57.06µg (54.34%), Manganese: 1mg (50.02%), Copper: 0.55mg (27.66%), Vitamin B3: 5.52mg (27.6%), Vitamin A: 1137.1IU (22.74%), Zinc: 3.14mg (20.92%), Vitamin B2: 0.34mg (20.02%), Magnesium: 75.86mg (18.96%), Potassium: 594.12mg (16.97%), Fiber: 4.01g (16.02%), Vitamin

B5: 1.59mg (15.88%), Vitamin B6: 0.32mg (15.86%), Folate: 54.19 μ g (13.55%), Iron: 2.28mg (12.66%), Vitamin E: 1.83mg (12.19%), Vitamin B12: 0.64 μ g (10.7%), Vitamin B1: 0.15mg (10.18%), Vitamin C: 4.48mg (5.43%), Vitamin D: 0.5 μ g (3.35%)