



Antipasto Pasta

READY IN



80 min.

SERVINGS



6

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces farfalle pasta uncooked (bow-tie)
- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon basil dried fresh finely chopped
- ☐ 1 tablespoon capers
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 ounces mozzarella cheese cubed
- ☐ 0.5 cup pepperoncini peppers italian drained chopped (bottled peppers)
- ☐ 0.3 cup olives pitted ripe cut in half

- ☐ 0.3 cup pepperoni sliced (20 slices)
- ☐ 1 medium bell pepper red cut into 2x1/4-inch strips
- ☐ 0.5 medium zucchini
- ☐ 9 ounces artichoke hearts frozen thawed drained cut into fourths

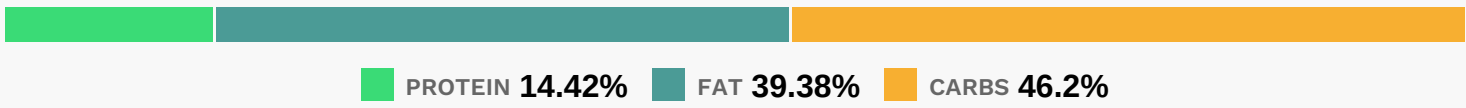
Equipment

- ☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Mix vinegar, basil, capers, oil and garlic powder. In large glass or plastic bowl, toss pasta, vinegar mixture and remaining ingredients. Cover and refrigerate at least 1 hour to blend flavors but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:8.89, Inflammation Score:-7, Nutrition Score:12.943912990715%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 236.54kcal (11.83%), Fat: 10.49g (16.15%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 23.72g (8.62%), Sugar: 2.35g (2.61%), Cholesterol: 12.03mg (4.01%), Sodium: 284.82mg (12.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.29%), Vitamin C: 39.22mg (47.54%), Selenium: 21.17µg (30.25%), Manganese: 0.53mg (26.39%), Vitamin K: 23.35µg (22.24%), Folate: 78.22µg (19.56%), Vitamin A: 847.06IU (16.94%), Fiber: 3.99g (15.95%), Phosphorus: 137.31mg (13.73%), Vitamin B6: 0.23mg (11.5%), Magnesium: 42.61mg (10.65%), Vitamin B2: 0.16mg (9.62%), Potassium: 325.5mg (9.3%), Iron: 1.58mg (8.78%), Calcium: 87.19mg (8.72%), Copper: 0.16mg (7.97%), Vitamin E: 1.17mg (7.81%), Vitamin B3: 1.54mg (7.72%), Zinc: 1.11mg (7.43%), Vitamin B1: 0.09mg (6.31%), Vitamin B12: 0.28µg (4.61%), Vitamin B5: 0.4mg (4.03%)