



 **12%**
HEALTH SCORE

Antipasto Pasta

READY IN



20 min.

SERVINGS



6

CALORIES



709 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 oz artichoke hearts drained quartered
- 1 pound rotini pasta
- 5.5 oz olives mixed italian pitted
- 0.5 cup pepperoncini peppers seeded drained cut into 1/2-inch slices and
- 0.5 cup pepperoncini peppers 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 salad dressing 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 17.85% **FAT 45.3%** **CARBS 36.85%**

Properties

Glycemic Index:16.17, Glycemic Load:23.12, Inflammation Score:-6, Nutrition Score:22.859999667043%

Flavonoids

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

Nutrients (% of daily need)

Calories: 708.8kcal (35.44%), Fat: 35.33g (54.35%), Saturated Fat: 13.41g (83.79%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 59.82g (21.75%), Sugar: 5.33g (5.92%), Cholesterol: 63.41mg (21.14%), Sodium: 2352.86mg (102.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.33g (62.66%), Selenium: 65.95µg (94.21%), Phosphorus: 449.16mg (44.92%), Manganese: 0.76mg (37.87%), Vitamin B1: 0.54mg (36.05%), Calcium: 326.85mg (32.69%), Vitamin B12: 1.87µg (31.25%), Zinc: 4.35mg (28.98%), Vitamin B6: 0.49mg (24.46%), Vitamin B3: 4.33mg (21.67%), Vitamin C: 17.17mg (20.81%), Vitamin B2: 0.34mg (19.74%), Fiber: 4.85g (19.41%), Copper: 0.36mg (17.92%), Magnesium: 68.4mg (17.1%), Potassium: 479.66mg (13.7%), Vitamin K: 14.2µg (13.52%), Vitamin E: 1.73mg (11.54%), Iron: 2.07mg (11.49%), Vitamin B5: 1.07mg (10.67%), Vitamin A: 512.08IU (10.24%), Folate: 25.11µg (6.28%), Vitamin D: 0.19µg (1.26%)