



Antipasto Pasta

READY IN



30 min.

SERVINGS



4

CALORIES



800 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
- ☐ 6 ounces genoa salami cut into thin strips

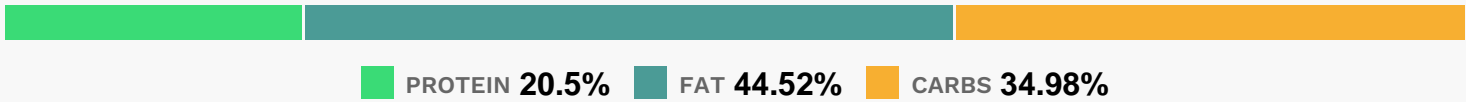
Equipment

- ☐ 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:41.75, Glycemic Load:26.24, Inflammation Score:-8, Nutrition Score:31.274347719939%

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: 800.26kcal (40.01%), Fat: 39.42g (60.64%), Saturated Fat: 15g (93.76%), Carbohydrates: 69.69g (23.23%), Net Carbohydrates: 65.68g (23.88%), Sugar: 4.81g (5.34%), Cholesterol: 67.59mg (22.53%), Sodium: 1778mg (77.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.84g (81.69%), Selenium: 91.5µg (130.72%), Phosphorus: 706.46mg (70.65%), Calcium: 640.55mg (64.06%), Vitamin K: 57.06µg (54.34%), Manganese: 1.03mg

(51.5%), Vitamin B3: 7.9mg (39.5%), Vitamin B1: 0.55mg (36.54%), Zinc: 4.92mg (32.82%), Copper: 0.62mg (31.06%), Vitamin B12: 1.83µg (30.54%), Vitamin B2: 0.48mg (28.28%), Vitamin B6: 0.55mg (27.55%), Vitamin A: 1137.1IU (22.74%), Potassium: 754.87mg (21.57%), Magnesium: 85.21mg (21.3%), Vitamin B5: 2.04mg (20.38%), Fiber: 4.01g (16.02%), Iron: 2.83mg (15.73%), Folate: 55.04µg (13.76%), Vitamin E: 1.83mg (12.19%), Vitamin C: 4.48mg (5.43%), Vitamin D: 0.5µg (3.35%)