



Antipasto Pasta Salad

READY IN



200 min.

SERVINGS



20

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olives black sliced
- 0.3 cup grey poupon harvest coarse ground mustard
- 1 tsp basil leaves dried
- 1 clove garlic crushed
- 0.5 cup oil
- 0.3 tsp cracked pepper black
- 1 bell pepper red cut into thin strips
- 1 lb rotini pasta cooked drained
- 12 slices oscar mayer salami hard chopped

- 0.3 lb swiss cheese cubed kraft
- 0.3 cup citrus champagne vinegar
- 2 small zucchini sliced

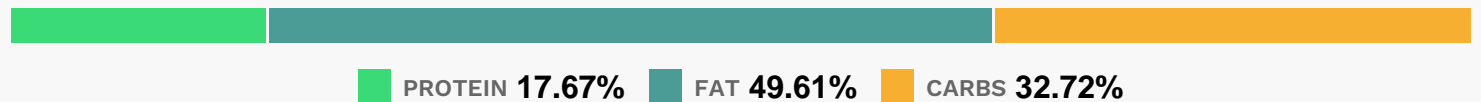
Equipment

- bowl
- whisk

Directions

- Combine pasta, salami, cheese, olives, red peppers and zucchini in large bowl.
- Beat remaining ingredients with wire whisk until well blended.
- Add to pasta mixture; toss to coat. Cover.
- Refrigerate several hours or until chilled, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:12.23, Glycemic Load:3.39, Inflammation Score:-3, Nutrition Score:4.4930434797121%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 101.99kcal (5.1%), Fat: 5.63g (8.66%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 7.37g (2.68%), Sugar: 0.75g (0.84%), Cholesterol: 9.54mg (3.18%), Sodium: 232.56mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Selenium: 10.56µg (15.09%), Vitamin C: 9.81mg (11.89%), Phosphorus: 69.41mg (6.94%), Manganese: 0.14mg (6.79%), Calcium: 61.56mg (6.16%), Vitamin A: 273.84IU (5.48%), Vitamin B12: 0.32µg (5.37%), Vitamin B1: 0.07mg (4.86%), Zinc: 0.68mg (4.52%), Vitamin B6: 0.09mg (4.41%), Fiber: 0.98g (3.91%), Vitamin B2: 0.06mg (3.51%), Vitamin E: 0.5mg (3.35%), Iron: 0.6mg (3.34%), Magnesium: 13.04mg (3.26%), Vitamin K: 3.03µg (2.89%), Vitamin B3: 0.54mg (2.72%), Potassium: 89.35mg (2.55%), Copper: 0.05mg (2.55%), Folate: 8.39µg (2.1%), Vitamin B5: 0.17mg (1.65%)