



Antipasto Pasta Salad

READY IN



20 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounces farfalle pasta (bow-tie)
- 1 small bell pepper green cut into 1 1/2-inch strips
- 0.5 cup salad dressing italian
- 6 ounces olives pitted ripe drained canned
- 0.5 cup parmesan shredded
- 0.5 cup pepperoncini peppers italian drained chopped (bottled peppers)
- 7 ounces roasted peppers red drained cut into 1/4-inch strips (1/3 cup)
- 0.8 cup genoa salami diced
- 2 tablespoons sun-dried tomatoes drained chopped in oil

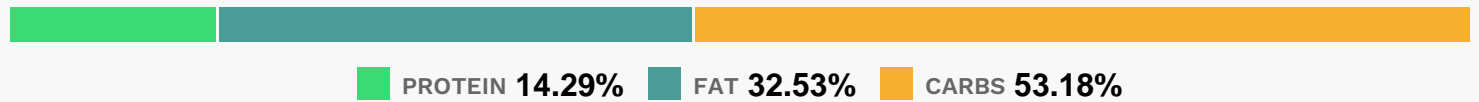
Equipment

bowl

Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- In large bowl, place pasta and remaining ingredients except dressing.
- Add dressing; toss gently.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:17.15, Inflammation Score:-5, Nutrition Score:13.279130539816%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 360.33kcal (18.02%), Fat: 13.04g (20.06%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 44.53g (16.19%), Sugar: 3.64g (4.04%), Cholesterol: 12.62mg (4.21%), Sodium: 1171.19mg (50.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.79%), Selenium: 40.62µg (58.04%), Vitamin C: 29.2mg (35.4%), Manganese: 0.61mg (30.46%), Phosphorus: 192.28mg (19.23%), Fiber: 3.45g (13.8%), Copper: 0.27mg (13.71%), Vitamin B6: 0.26mg (13.24%), Vitamin B1: 0.18mg (12.29%), Magnesium: 46.17mg (11.54%), Calcium: 114.17mg (11.42%), Zinc: 1.54mg (10.27%), Vitamin B3: 2.05mg (10.27%), Vitamin K: 10.11µg (9.63%), Potassium: 323.6mg (9.25%), Vitamin E: 1.3mg (8.64%), Iron: 1.43mg (7.96%), Vitamin A: 374.77IU (7.5%), Vitamin B2: 0.12mg (7.03%), Vitamin B12: 0.37µg (6.19%), Folate: 19.48µg (4.87%), Vitamin B5: 0.45mg (4.47%)