



## Antipasto Rotini Salad

READY IN



150 min.

SERVINGS



24

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups broccoli florets fresh
- 3 cloves garlic finely chopped
- 1 medium bell pepper green sliced
- 1.5 teaspoons pepper black
- 0.8 cup salad dressing italian
- 0.5 cup kalamata olives pitted halved
- 2 oz parmesan shredded
- 4 medium plum tomatoes cut into thin wedges (Roma)
- 15 oz kidney beans dark red rinsed drained canned

- 0.5 medium onion red rinsed sliced
- 3 cups rotini pasta uncooked
- 4 oz genoa salami thinly sliced cut into strips
- 0.5 teaspoon worcestershire sauce

## Equipment

- bowl

## Directions

- Cook rotini to desired doneness as directed on package, adding broccoli during last 3 minutes of cook time.
- Drain rotini and broccoli; rinse with cold water until cool. In large bowl, mix cooked rotini and broccoli with remaining salad ingredients.
- In medium bowl, mix dressing ingredients.
- Pour dressing over salad; toss until well mixed. Cover; refrigerate at least 2 hours. Stir before serving.

## Nutrition Facts



**PROTEIN 17.94%** **FAT 36.72%** **CARBS 45.34%**

## Properties

Glycemic Index:12.39, Glycemic Load:3.46, Inflammation Score:-3, Nutrition Score:5.74521738873888%

## Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 107.84kcal (5.39%), Fat: 4.45g (6.85%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 10.24g (3.72%), Sugar: 1.72g (1.91%), Cholesterol: 5.34mg (1.78%), Sodium: 267.21mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Vitamin C: 12.71mg (15.41%), Vitamin K: 14.83µg

(14.12%), Manganese: 0.22mg (10.91%), Selenium: 7.12µg (10.17%), Fiber: 2.13g (8.51%), Folate: 32.03µg (8.01%), Phosphorus: 77.75mg (7.78%), Vitamin B1: 0.1mg (6.41%), Vitamin B6: 0.11mg (5.3%), Potassium: 180.16mg (5.15%), Iron: 0.86mg (4.79%), Copper: 0.09mg (4.73%), Magnesium: 18.48mg (4.62%), Calcium: 44.53mg (4.45%), Zinc: 0.63mg (4.2%), Vitamin A: 184.68IU (3.69%), Vitamin B3: 0.66mg (3.29%), Vitamin B2: 0.05mg (3.06%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.16µg (2.68%), Vitamin B5: 0.2mg (1.97%)