



Antipasto Salad

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

424 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup asiago cheese grated
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cups basil fresh stemmed chopped
- ☐ 1 pound fusilli pasta
- ☐ 1 clove garlic
- ☐ 2 tablespoons olives green pitted halved
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.3 cup provolone cheese cut into strips

- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons roasted peppers red cut into strips
- ☐ 0.5 cup genoa salami hard cut into strips 3 ounces
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup turkey smoked cut into strips 3 ounces

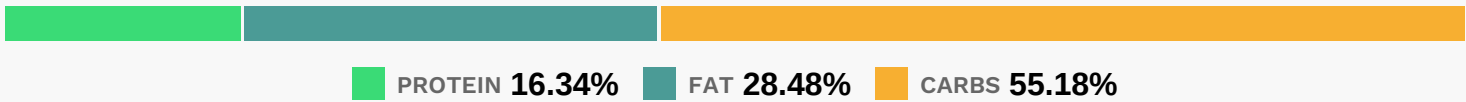
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Vinaigrette: In a blender, add the basil, vinegar, garlic, mustard, salt and pepper. Blend until the herbs are finely chopped. With the machine running, drizzle in the olive oil until the dressing is smooth.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain pasta.
- ☐ In a large bowl, toss together the cooked pasta with the remaining salad ingredients.
- ☐ Drizzle with dressing and toss to coat.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:22.93, Inflammation Score:-6, Nutrition Score:15.148260811101%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 424.01kcal (21.2%), Fat: 13.23g (20.36%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 54.92g (19.97%), Sugar: 2.14g (2.38%), Cholesterol: 20.03mg (6.68%), Sodium: 743.64mg (32.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.16%), Selenium: 54.1µg (77.28%), Manganese: 0.84mg (42.02%), Vitamin K: 37.05µg (35.29%), Phosphorus: 244.1mg (24.41%), Copper: 0.29mg (14.43%), Magnesium: 54.75mg (13.69%), Zinc: 1.99mg (13.28%), Calcium: 129.49mg (12.95%), Vitamin B3: 2.58mg (12.9%), Vitamin B6: 0.25mg (12.29%), Vitamin B1: 0.17mg (11.3%), Fiber: 2.78g (11.13%), Vitamin A: 545.24IU (10.9%), Iron: 1.66mg (9.23%), Vitamin B12: 0.5µg (8.25%), Potassium: 275.54mg (7.87%), Vitamin B2: 0.13mg (7.79%), Vitamin E: 1.06mg (7.07%), Vitamin B5: 0.56mg (5.65%), Folate: 21.63µg (5.41%), Vitamin C: 3.94mg (4.78%)