



WHATSheATE



Artichoke-Pepper Pasta Salad

READY IN



20 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons basil fresh chopped
- ☐ 8 oz rotini pasta uncooked (corkscrew)
- ☐ 6 oz marinated artichoke undrained
- ☐ 2.5 oz mushrooms drained sliced
- ☐ 2 tablespoons parmesan shredded
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons pinenuts
- ☐ 7 oz roasted peppers red drained chopped

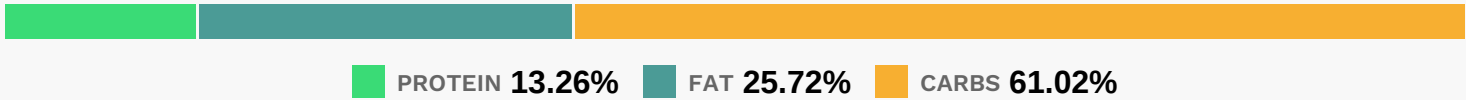
Equipment

☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Meanwhile, in large bowl, mix bell peppers, mushrooms, artichoke hearts (with liquid), cheese and pepper.
- ☐ Add pasta; toss.
- ☐ Sprinkle with nuts and basil.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:11.47, Inflammation Score:-5, Nutrition Score:9.4195652157068%

Nutrients (% of daily need)

Calories: 209.59kcal (10.48%), Fat: 5.98g (9.21%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 29.47g (10.72%), Sugar: 1.66g (1.85%), Cholesterol: 1.13mg (0.38%), Sodium: 590.22mg (25.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Manganese: 0.73mg (36.58%), Selenium: 25.5µg (36.42%), Vitamin C: 21.79mg (26.41%), Copper: 0.24mg (12.02%), Phosphorus: 119.77mg (11.98%), Vitamin A: 523.13IU (10.46%), Fiber: 2.47g (9.89%), Magnesium: 34.76mg (8.69%), Vitamin B3: 1.41mg (7.06%), Iron: 1.26mg (7.03%), Vitamin B6: 0.13mg (6.58%), Zinc: 0.92mg (6.17%), Vitamin K: 6.29µg (5.99%), Potassium: 196.74mg (5.62%), Vitamin B2: 0.09mg (5.54%), Calcium: 50.3mg (5.03%), Vitamin B1: 0.07mg (4.34%), Folate: 16.06µg (4.02%), Vitamin B5: 0.37mg (3.75%), Vitamin E: 0.37mg (2.45%)