



## Bow Tie Pasta Salad

READY IN



70 min.

SERVINGS



10

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 oz bow tie pasta uncooked
- 8 oz oscar mayer salami hard
- 4 oz mozzarella cheese shredded kraft
- 8 oz creamy dressing italian kraft
- 16 oz vegetable blend frozen italian-style thawed

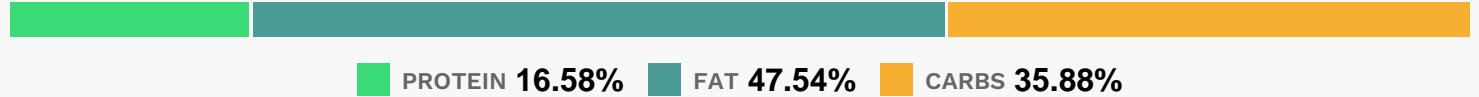
### Equipment

- bowl

## Directions

- Cook pasta as directed on package; drain.
- Cut salami into 1/4-inch strips; separate strips.
- Toss all ingredients in large bowl; cover.
- Refrigerate at least 1 hour or until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:14.2, Glycemic Load:8.91, Inflammation Score:-9, Nutrition Score:11.753912876482%

## Nutrients (% of daily need)

Calories: 293.93kcal (14.7%), Fat: 15.55g (23.92%), Saturated Fat: 4.96g (31.03%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 23.86g (8.67%), Sugar: 3.17g (3.52%), Cholesterol: 26.88mg (8.96%), Sodium: 831.55mg (36.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.39%), Vitamin A: 2388.16IU (47.76%), Selenium: 22.66µg (32.37%), Vitamin B1: 0.29mg (19.64%), Manganese: 0.34mg (17.25%), Phosphorus: 165.11mg (16.51%), Vitamin B12: 0.89µg (14.89%), Vitamin K: 12.98µg (12.37%), Zinc: 1.82mg (12.16%), Vitamin B3: 2.27mg (11.33%), Vitamin B6: 0.22mg (10.96%), Fiber: 2.54g (10.16%), Vitamin B2: 0.16mg (9.36%), Calcium: 79.27mg (7.93%), Magnesium: 31.3mg (7.82%), Copper: 0.15mg (7.48%), Potassium: 260.14mg (7.43%), Iron: 1.13mg (6.27%), Vitamin C: 4.81mg (5.83%), Folate: 18.48µg (4.62%), Vitamin B5: 0.43mg (4.28%), Vitamin E: 0.54mg (3.62%)