



Cheesy Pizza Pasta Salad

READY IN



80 min.

SERVINGS



20

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bell pepper green cut into strips
- 24 slices oscar mayer pepperoni
- 9 oz cheese tortellini refrigerated uncooked
- 4 cups torn romaine lettuce
- 1 cup mozzarella cheese shredded kraft
- 0.5 cup tuscan house dressing italian kraft

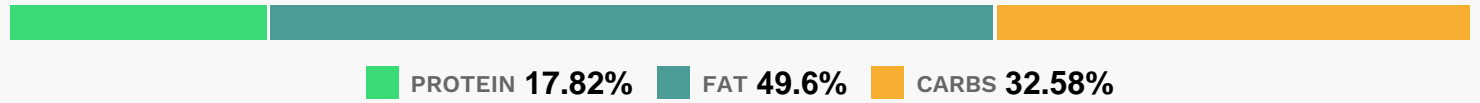
Equipment

- bowl

Directions

- Cook pasta as directed on package, omitting salt. Rinse with cold water; drain well.
- Place in large bowl.
- Add all remaining ingredients except lettuce; mix lightly.
- Refrigerate 1 hour.
- Place lettuce in 1-1/2-qt. bowl just before serving; top with pasta mixture.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:3.2239130553992%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 85.46kcal (4.27%), Fat: 4.73g (7.27%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.2g (2.25%), Sugar: 1.3g (1.45%), Cholesterol: 11.6mg (3.87%), Sodium: 187.67mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 880.73IU (17.61%), Vitamin K: 13.63µg (12.98%), Vitamin C: 5.18mg (6.28%), Calcium: 51.25mg (5.12%), Folate: 13.89µg (3.47%), Fiber: 0.78g (3.13%), Phosphorus: 28.51mg (2.85%), Iron: 0.51mg (2.83%), Vitamin B12: 0.16µg (2.65%), Selenium: 1.8µg (2.58%), Manganese: 0.04mg (1.98%), Vitamin B2: 0.03mg (1.76%), Vitamin B6: 0.03mg (1.74%), Zinc: 0.26mg (1.7%), Potassium: 49.4mg (1.41%), Vitamin E: 0.2mg (1.32%), Vitamin B1: 0.02mg (1.3%)