



Conner's Birthday Pasta Salad

READY IN



145 min.

SERVINGS



6

CALORIES



738 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 15 ounce kidney beans drained canned
- ☐ 4 ounces cheddar cheese cut into 1-inch cubes
- ☐ 1 cup cherry tomatoes halved
- ☐ 4 ounces precooked chicken sausage cut into 1-inch cubes
- ☐ 1 bell pepper green cut into 1-inch pieces
- ☐ 16 ounce dressing italian dressing® such as Ken's Steak House Lite Northern
- ☐ 0.5 cup olives ripe halved drained
- ☐ 0.5 cup stuffed olives green halved

☐ 16 ounce tri-color rotini pasta

Equipment

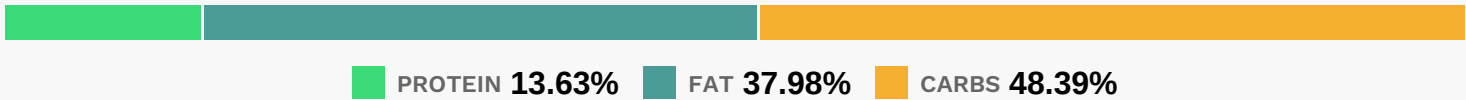
☐ bowl

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain and rinse under cold water.
- ☐ Mix pasta, kidney beans, garbanzo beans, cherry tomatoes, green bell pepper, green olives, ripe olives, Cheddar cheese, and sausage together in a bowl.
- ☐ Add dressing and toss to coat. Marinate in refrigerator for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:28.99, Inflammation Score:-7, Nutrition Score:24.664782607037%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 737.66kcal (36.88%), Fat: 31.32g (48.19%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 89.8g (29.93%), Net Carbohydrates: 79.25g (28.82%), Sugar: 13g (14.44%), Cholesterol: 32.24mg (10.75%), Sodium: 1804.97mg (78.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.58%), Selenium: 57.16µg (81.66%), Manganese: 1.55mg (77.74%), Vitamin K: 48.25µg (45.95%), Fiber: 10.55g (42.19%), Phosphorus: 384.43mg (38.44%), Vitamin B6: 0.63mg (31.59%), Vitamin C: 22.81mg (27.65%), Copper: 0.51mg (25.52%), Magnesium: 96.04mg (24.01%), Calcium: 221.1mg (22.11%), Vitamin E: 2.96mg (19.76%), Iron: 3.47mg (19.3%), Zinc: 2.81mg (18.74%), Potassium: 631.27mg (18.04%), Folate: 59.61µg (14.9%), Vitamin B1: 0.21mg (14.09%), Vitamin B2: 0.2mg (11.73%), Vitamin A: 577.18IU (11.54%), Vitamin B3: 2.12mg (10.58%), Vitamin B5: 0.76mg (7.65%), Vitamin B12: 0.2µg (3.34%)