



Creamy Italian Spiral Salad

READY IN



30 min.

SERVINGS



30

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium bunch broccoli cut into florets
- 1 medium head cauliflower cut into florets
- 2 cups cherry tomatoes quartered
- 6 spring onion chopped
- 0.5 cup bell pepper green chopped
- 2.3 ounces olives ripe drained sliced canned
- 1 cup parmesan shredded
- 2 cups peas-carrots mix shopping list frozen
- 32 ounces salad dressing italian

32 ounces rotini pasta

Equipment

bowl

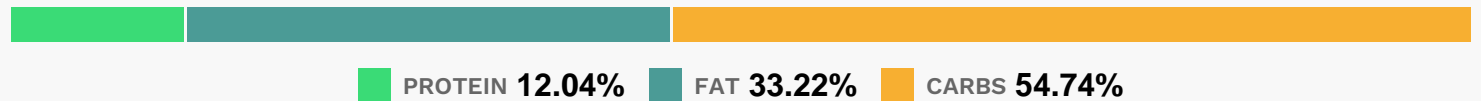
Directions

Cook pasta according to package directions; drain and rinse in cold water.

In a large bowl, combine the pasta, broccoli, cauliflower, peas and carrots, tomatoes, cheese, onions, green pepper and olives.

Add the dressing; mix well. Cover and refrigerate for 2–3 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:11.384347990155%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 220.59kcal (11.03%), Fat: 8.22g (12.64%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 28.02g (10.19%), Sugar: 5.18g (5.76%), Cholesterol: 2.27mg (0.76%), Sodium: 410.02mg (17.83%), Alcohol: 0g (100%), Protein: 6.7g (13.39%), Vitamin K: 46.12µg (43.93%), Vitamin C: 33.2mg (40.24%), Selenium: 21.28µg (30.4%), Vitamin A: 1139.61IU (22.79%), Manganese: 0.4mg (19.94%), Phosphorus: 116.48mg (11.65%), Fiber: 2.44g (9.76%), Folate: 35.87µg (8.97%), Vitamin B6: 0.16mg (8.05%), Potassium: 268.88mg (7.68%), Magnesium: 29.67mg (7.42%), Calcium: 70.18mg (7.02%), Vitamin E: 1.04mg (6.9%), Copper: 0.13mg (6.68%), Vitamin B1: 0.08mg (5.54%), Iron: 0.95mg (5.28%), Vitamin B3: 1mg (5.02%), Zinc: 0.75mg (5%), Vitamin B2: 0.08mg (4.53%), Vitamin B5: 0.43mg (4.26%)