



Creamy Pesto Pasta Salad

READY IN



80 min.

SERVINGS



20

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 oz classico basil pesto sauce and spread traditional
- 0.5 cup olives black sliced
- 0.5 tsp pepper black
- 0.3 cup miracle whip dressing
- 3 Tbsp oil-packed sun-dried tomatoes drained chopped
- 2.5 cups rotini pasta cooked

Equipment

- bowl

Directions

- Mix pesto and dressing in large bowl until blended.
- Add remaining ingredients; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:2.17, Inflammation Score:-2, Nutrition Score:1.3126086942528%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 71.24kcal (3.56%), Fat: 4.43g (6.82%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 5.7g (2.07%), Sugar: 1.03g (1.14%), Cholesterol: 1.08mg (0.36%), Sodium: 171.5mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Selenium: 3.95µg (5.65%), Vitamin A: 222.33IU (4.45%), Manganese: 0.07mg (3.38%), Fiber: 0.7g (2.8%), Calcium: 20mg (2%), Iron: 0.34mg (1.88%), Copper: 0.03mg (1.5%), Phosphorus: 11.56mg (1.16%), Magnesium: 4.56mg (1.14%), Potassium: 35.83mg (1.02%)