



Deli Pasta Salad

READY IN



75 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium bell pepper green chopped
- 0.5 cup dressing italian kraft
- 16 oz rotelle pasta cooked drained
- 4 oz pepperoni quartered cut into 1/4-inch-thick slices,
- 4 oz provolone cheese cut into 1/4-inch chunks
- 2 medium tomatoes chopped

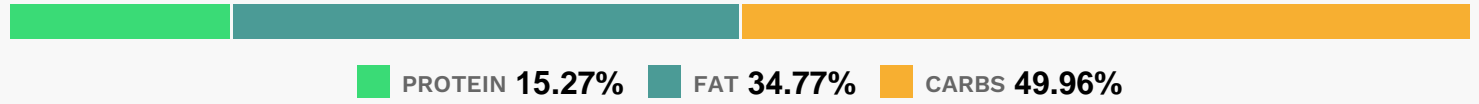
Equipment

- bowl

Directions

- Mix all ingredients except dressing in large bowl.
- Add dressing; toss to coat. Cover.
- Refrigerate at least 1 hour before serving. Store leftover salad in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:11.67, Inflammation Score:-4, Nutrition Score:8.2373912904574%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 250.21kcal (12.51%), Fat: 9.58g (14.74%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 29.36g (10.68%), Sugar: 2.9g (3.22%), Cholesterol: 15.69mg (5.23%), Sodium: 318.83mg (13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.94%), Selenium: 28.2µg (40.28%), Manganese: 0.44mg (22.11%), Phosphorus: 141.61mg (14.16%), Vitamin C: 10.82mg (13.12%), Calcium: 85.49mg (8.55%), Vitamin K: 8.63µg (8.22%), Zinc: 1.12mg (7.49%), Copper: 0.14mg (7.04%), Magnesium: 28.12mg (7.03%), Vitamin B6: 0.14mg (6.98%), Vitamin B3: 1.31mg (6.56%), Fiber: 1.62g (6.5%), Vitamin A: 294.14IU (5.88%), Potassium: 197.39mg (5.64%), Vitamin B1: 0.08mg (5.11%), Vitamin B2: 0.08mg (4.94%), Vitamin B12: 0.26µg (4.35%), Iron: 0.78mg (4.34%), Vitamin E: 0.52mg (3.48%), Vitamin B5: 0.35mg (3.48%), Folate: 12.29µg (3.07%), Vitamin D: 0.17µg (1.13%)