



Deli pasta salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g farfalle pasta (pasta bows)
- ☐ 200 g peas frozen
- ☐ 1 large tomatoes
- ☐ 10 sundried tomatoes in oil
- ☐ 2 tbsp olive oil
- ☐ 2 tsp citrus champagne vinegar
- ☐ 1 garlic clove
- ☐ 1 large handful basil leaves fresh

☐ 85 g pack prosciutto

Equipment

☐ food processor

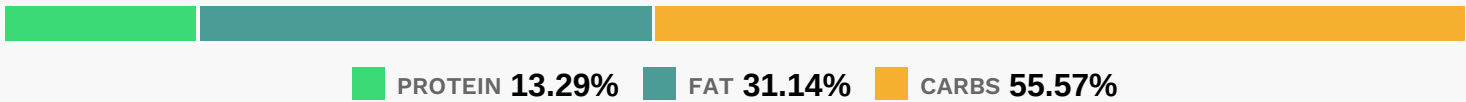
☐ bowl

☐ colander

Directions

- ☐ **COOK THE PASTA:** Boil the pasta in salted water for 8 minutes then add the peas, return the water to the boil and cook for 2 minutes more until the pasta and peas are tender. Tip into a colander over the sink, cool the pasta and peas under the cold tap then drain really well.
- ☐ **MAKE THE DRESSING:** While the pasta is boiling roughly chop the tomato and put in a food processor with half the sun-dried tomatoes, the olive oil, vinegar, garlic and about 8 basil leaves. Season with plenty of salt and freshly ground pepper then whizz until smooth. Tip into a large salad bowl.
- ☐ Add the pasta and peas to the dressing, roughly slice the rest of the sun-dried tomatoes and add to the pasta with the remaining basil leaves. Tear in the prosciutto or salami and toss everything together. Pile into bowls and, if possible, eat outside.

Nutrition Facts



Properties

Glycemic Index:63.58, Glycemic Load:25.63, Inflammation Score:-7, Nutrition Score:19.190869821155%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 492.04kcal (24.6%), Fat: 17.01g (26.17%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 68.3g (22.77%), Net Carbohydrates: 61.87g (22.5%), Sugar: 7.92g (8.8%), Cholesterol: 14.02mg (4.68%), Sodium: 155.79mg (6.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.68%), Selenium: 52.95µg (75.65%), Manganese: 1.06mg (52.93%), Vitamin C: 28.53mg (34.58%), Fiber: 6.43g (25.74%), Phosphorus: 256.7mg (25.67%), Vitamin K: 24.52µg (23.35%), Copper: 0.42mg (20.8%), Vitamin B1: 0.3mg (20.27%), Vitamin B3: 3.91mg (19.54%), Magnesium: 74.11mg (18.53%), Potassium: 616.19mg (17.61%), Vitamin A: 839.52IU (16.79%), Vitamin B6: 0.31mg (15.53%), Folate: 56.59µg (14.15%), Zinc: 2.12mg (14.12%), Iron: 2.45mg (13.63%), Vitamin E: 1.5mg (9.98%), Vitamin B2: 0.16mg (9.56%), Vitamin B5: 0.64mg (6.44%), Calcium: 41.83mg (4.18%), Vitamin B12: 0.11µg (1.77%)