



## Easy Pasta Salad with Italian Dressing

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

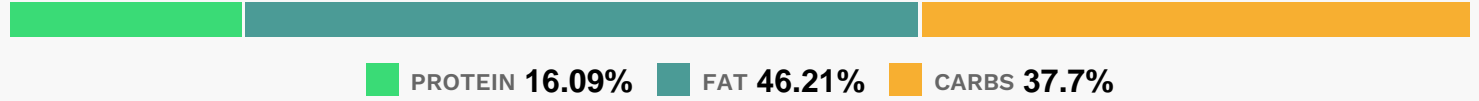
- 2.5 cups penne pasta rinsed cooked
- 0.3 cup basil fresh chopped
- 0.3 tsp ground pepper black
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 4 oz mozzarella cheese cubed kraft ( )
- 3 tomatoes chopped

### Equipment

# Directions

Combine ingredients.

# Nutrition Facts



# Properties

Glycemic Index:14.37, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:2.7334782435842%

# Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

# Nutrients (% of daily need)

Calories: 68.47kcal (3.42%), Fat: 3.53g (5.43%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.65g (1.84%), Cholesterol: 5.97mg (1.99%), Sodium: 126.58mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin K: 8.22µg (7.83%), Selenium: 5.18µg (7.41%), Vitamin A: 280.13IU (5.6%), Manganese: 0.09mg (4.36%), Calcium: 43.5mg (4.35%), Phosphorus: 42.33mg (4.23%), Vitamin C: 3.47mg (4.21%), Vitamin B12: 0.17µg (2.87%), Zinc: 0.34mg (2.29%), Fiber: 0.56g (2.26%), Potassium: 78.48mg (2.24%), Vitamin E: 0.33mg (2.21%), Magnesium: 7.47mg (1.87%), Iron: 0.32mg (1.76%), Vitamin B6: 0.04mg (1.76%), Vitamin B2: 0.03mg (1.72%), Copper: 0.03mg (1.65%), Folate: 5.49µg (1.37%), Vitamin B3: 0.22mg (1.12%), Vitamin B1: 0.02mg (1.06%)