



Fabulous Pesto Pasta Salad

READY IN



90 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounce olives black minced canned
- ☐ 1.5 teaspoons dijon mustard
- ☐ 16 ounce farfalle pasta (bow tie)
- ☐ 1.5 cups basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 6 green onions chopped
- ☐ 1.5 teaspoons ground pepper black
- ☐ 1 teaspoon juice of lemon

- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon onion powder
- ☐ 0.5 cup oregano fresh chopped
- ☐ 4 ounce parmesan cheese grated
- ☐ 2 teaspoons pepper sauce hot
- ☐ 0.5 cup pinenuts
- ☐ 0.3 cup red wine vinegar
- ☐ 4 roma tomatoes chopped (plum)
- ☐ 1 teaspoon salt to taste
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1.5 tablespoons sugar white

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large bowl, whisk together the sugar, salt, pepper, onion powder, mustard, garlic, basil, oregano, cilantro, hot pepper sauce, red wine vinegar, olive oil, lemon juice, and Parmesan cheese.
- ☐ Add the tomatoes, green onions and olives to the bowl, and stir to coat. Refrigerate.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the pasta, and cook for 7 minutes, or until tender.
- ☐ Drain, and rinse with cold water to cool.
- ☐ Add pasta to the bowl of dressing, and mix well. Top with mozzarella cheese and pine nuts. Refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:51.26, Glycemic Load:19.32, Inflammation Score:-10, Nutrition Score:20.802174096522%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 445.08kcal (22.25%), Fat: 18.9g (29.07%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 48.43g (17.61%), Sugar: 5.53g (6.14%), Cholesterol: 23.39mg (7.8%), Sodium: 893.38mg (38.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.04%), Manganese: 1.61mg (80.28%), Vitamin K: 67.62µg (64.4%), Selenium: 44.06µg (62.95%), Phosphorus: 318.16mg (31.82%), Calcium: 287.94mg (28.79%), Magnesium: 78.92mg (19.73%), Fiber: 4.76g (19.02%), Vitamin A: 949.95IU (19%), Copper: 0.37mg (18.69%), Vitamin E: 2.7mg (18.01%), Zinc: 2.61mg (17.43%), Iron: 3.01mg (16.74%), Potassium: 389.44mg (11.13%), Vitamin B2: 0.18mg (10.56%), Vitamin C: 8.36mg (10.13%), Vitamin B6: 0.19mg (9.68%), Folate: 36.72µg (9.18%), Vitamin B3: 1.83mg (9.14%), Vitamin B12: 0.51µg (8.51%), Vitamin B1: 0.12mg (8.11%), Vitamin B5: 0.43mg (4.3%)