



Italian Antipasto Pasta Salad

READY IN



75 min.

SERVINGS



15

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz artichoke hearts drained quartered canned
- 6 oz olives black pitted canned
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 large bell pepper red chopped
- 1 cup rotini pasta cooked drained
- 0.5 cup oscar mayer salami hard chopped
- 0.5 cup sun tomato vinaigrette dressing dried kraft

Equipment

bowl

Directions

- Toss pasta with artichokes, peppers, olives and salami in large bowl.
- Add dressing; mix lightly. Cover.
- Refrigerate at least 1 hour.
- Sprinkle with cheese just before serving.

Nutrition Facts

PROTEIN 12.84% **FAT 69.04%** **CARBS 18.12%**

Properties

Glycemic Index:7.23, Glycemic Load:1.26, Inflammation Score:-4, Nutrition Score:3.9530434388181%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.48kcal (5.47%), Fat: 8.47g (13.04%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 3.85g (1.4%), Sugar: 1.06g (1.18%), Cholesterol: 7.75mg (2.58%), Sodium: 406.54mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Vitamin C: 13.99mg (16.96%), Vitamin K: 9.05µg (8.62%), Vitamin A: 422.8IU (8.46%), Vitamin E: 1mg (6.69%), Calcium: 66.09mg (6.61%), Selenium: 4.35µg (6.21%), Phosphorus: 51.04mg (5.1%), Fiber: 1.15g (4.61%), Vitamin B6: 0.07mg (3.26%), Vitamin B1: 0.05mg (3.08%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.17µg (2.78%), Vitamin B2: 0.05mg (2.75%), Manganese: 0.04mg (2.04%), Vitamin B3: 0.38mg (1.92%), Folate: 6.67µg (1.67%), Magnesium: 6.52mg (1.63%), Copper: 0.03mg (1.56%), Potassium: 52.46mg (1.5%), Iron: 0.27mg (1.49%)