



Italian Confetti Pasta Salad

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

354 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 cups colored rotini pasta
- ☐ 1 teaspoon salt

- ☐ 1 cup tomatoes chopped
- ☐ 0.5 cup bell pepper yellow chopped

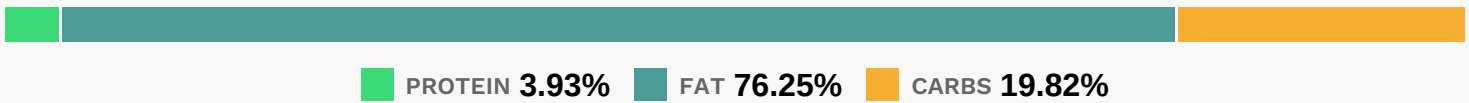
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Cook pasta according to package directions. Rinse in cold water, and drain.
- ☐ In a large mixing bowl, whisk together mayonnaise, vinegar, salt, black pepper, and garlic until well blended.
- ☐ Mix in basil.
- ☐ Add pasta, tomatoes, bell peppers, and olives; fold gently until mixed. Chill several hours. Stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:6.42, Inflammation Score:-4, Nutrition Score:8.5508695892666%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg 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: 353.75kcal (17.69%), Fat: 30.03g (46.2%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 16.11g (5.86%), Sugar: 1.47g (1.63%), Cholesterol: 15.68mg (5.23%), Sodium: 803.16mg (34.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin K: 65.21µg (62.11%), Vitamin C: 26.45mg (32.05%), Selenium: 13.71µg (19.59%), Manganese: 0.26mg (12.79%), Vitamin E: 1.81mg (12.1%), Vitamin A: 327.05IU (6.54%), Fiber: 1.46g (5.84%), Phosphorus: 56.41mg (5.64%), Copper: 0.11mg (5.57%), Magnesium: 17.13mg (4.28%), Potassium: 147.61mg (4.22%), Vitamin B6: 0.08mg (4.14%), Folate: 13.13µg (3.28%), Vitamin B3: 0.63mg (3.17%), Iron: 0.56mg (3.14%), Zinc: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.2mg (2.01%), Calcium: 19.43mg

(1.94%), Vitamin B2: 0.03mg (1.69%)