



Italian Market Pasta Salad

READY IN



105 min.

SERVINGS



10

CALORIES



251 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz cheese tortellini frozen cooled cooked
- 1.5 cups cherry tomatoes halved
- 8 oz mushrooms fresh quartered
- 20 greek olives assorted pitted
- 4 oz low-moisture part-skim mozzarella cheese cubed kraft ()
- 1 Tbsp oregano fresh chopped
- 8 pepperoncini peppers divided
- 8 slices oscar mayer salami hard cut into 6 wedges
- 0.5 cup tuscan house dressing italian divided kraft

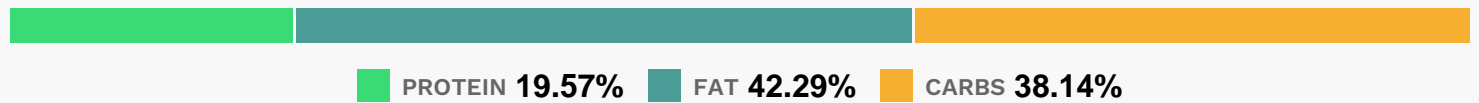
Equipment

- bowl
- frying pan

Directions

- Place pasta in large bowl. Chop 1 pepper.
- Add to pasta along with 6 Tbsp. dressing; mix lightly.
- Cook mushrooms in remaining dressing in skillet on medium-high heat 4 to 5 min. or until tender, stirring frequently.
- Arrange remaining peppers and all remaining ingredients except oregano in clusters in large shallow serving bowl.
- Sprinkle with oregano. Refrigerate 1 hour.
- Toss salad ingredients before serving.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:9.18, Inflammation Score:-6, Nutrition Score:7.0373913205188%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 251.47kcal (12.57%), Fat: 11.95g (18.39%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 21.4g (7.78%), Sugar: 3.89g (4.32%), Cholesterol: 30.18mg (10.06%), Sodium: 676.01mg (29.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.9%), Calcium: 171.73mg (17.17%), Vitamin C: 12.25mg (14.84%), Fiber: 2.86g (11.42%), Vitamin K: 11.37µg (10.83%), Iron: 1.83mg (10.17%), Phosphorus: 100.14mg (10.01%), Vitamin B2: 0.16mg (9.51%), Selenium: 6.04µg (8.62%), Vitamin B3: 1.51mg (7.55%), Vitamin B1: 0.11mg (7.12%), Vitamin B6: 0.13mg (6.63%), Copper: 0.13mg (6.29%), Vitamin E: 0.85mg (5.68%), Potassium: 197.6mg (5.65%), Zinc: 0.81mg (5.4%), Vitamin B12: 0.3µg (5.06%), Vitamin B5: 0.48mg (4.81%), Vitamin A: 235.21IU (4.7%), Manganese: 0.08mg (3.84%), Magnesium: 12.42mg (3.11%), Folate: 11.67µg (2.92%)