



Italian Pasta Salad

READY IN



45 min.

SERVINGS



2

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon dijon mustard
- 0.8 teaspoon garlic minced
- 2 tablespoons commercial oil-free dressing italian
- 3 ounces part-skim mozzarella cheese cubed
- 0.3 teaspoon pepper
- 4 ounces tricolor rotini pasta uncooked (corkscrew)
- 0.5 teaspoon sugar
- 0.3 cup sun-dried tomato
- 0.3 cup water hot

- 2 tablespoons citrus champagne vinegar
- 0.5 cup zucchini sliced

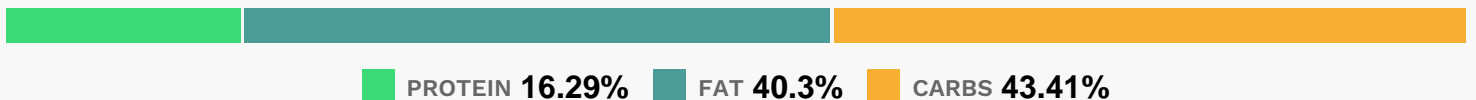
Equipment

- bowl
- whisk

Directions

- Combine tomato and water in a small bowl; cover and let stand 15 minutes.
- Drain well. Chop tomato, and set aside.
- Cook pasta according to package directions, omitting salt and fat.
- Drain; rinse with cold water, and drain.
- Combine tomato, pasta, cheese, and zucchini, tossing gently.
- Combine vinegar and remaining ingredients, stirring well with a wire whisk.
- Add vinegar mixture to pasta mixture, and toss gently. Cover and chill 1 hour. Toss gently before serving.

Nutrition Facts



Properties

Glycemic Index:125.55, Glycemic Load:19.75, Inflammation Score:-6, Nutrition Score:17.856521756753%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 492.64kcal (24.63%), Fat: 22.19g (34.14%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 49.83g (18.12%), Sugar: 8.97g (9.96%), Cholesterol: 27.22mg (9.07%), Sodium: 300.5mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.36%), Selenium: 43.38µg (61.97%), Manganese: 0.9mg (44.79%), Calcium: 370.26mg (37.03%), Phosphorus: 369.44mg (36.94%), Potassium: 730.27mg (20.86%), Copper: 0.4mg (20%), Magnesium: 74.29mg (18.57%), Vitamin K: 18.41µg (17.53%), Vitamin E:

2.62mg (17.46%), Zinc: 2.38mg (15.85%), Fiber: 3.96g (15.82%), Vitamin B2: 0.26mg (15.41%), Vitamin C: 11.37mg (13.78%), Iron: 2.33mg (12.92%), Vitamin B3: 2.41mg (12.05%), Vitamin B6: 0.22mg (11.1%), Vitamin B1: 0.15mg (10.01%), Vitamin A: 389.07IU (7.78%), Folate: 30.99µg (7.75%), Vitamin B5: 0.64mg (6.42%), Vitamin B12: 0.35µg (5.81%)