



Italian Pasta Salad

READY IN



140 min.

SERVINGS



20

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olives black pitted
- 2 cups broccoli florets
- 1 cup 1 cup kraft zesty italian dressing italian kraft
- 0.5 cup parmesan cheese grated kraft
- 0.5 cup onions red sliced
- 0.5 cup pasilla peppers red chopped
- 3 cups rotini pasta cooked

Equipment

bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing; mix lightly.
- Refrigerate several hours.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:2.73, Inflammation Score:-3, Nutrition Score:3.5686957065178%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 77.13kcal (3.86%), Fat: 3.91g (6.01%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.69g (2.8%), Sugar: 1.87g (2.08%), Cholesterol: 2.17mg (0.73%), Sodium: 216.57mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Vitamin C: 13.23mg (16.03%), Vitamin K: 16.15µg (15.38%), Selenium: 6.04µg (8.64%), Manganese: 0.09mg (4.55%), Vitamin A: 212.52IU (4.25%), Phosphorus: 36.1mg (3.61%), Vitamin E: 0.54mg (3.6%), Fiber: 0.81g (3.25%), Calcium: 32.07mg (3.21%), Vitamin B6: 0.05mg (2.54%), Folate: 9.69µg (2.42%), Iron: 0.37mg (2.08%), Magnesium: 7.76mg (1.94%), Potassium: 66.1mg (1.89%), Zinc: 0.26mg (1.74%), Vitamin B2: 0.03mg (1.6%), Copper: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.17%)