



## Italian Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup olives black pitted
- 0.5 cup cheddar cheese diced
- 2.5 cups savory vegetable mixed frozen
- 8 ounces rotini pasta
- 1 cup salad dressing italian-style

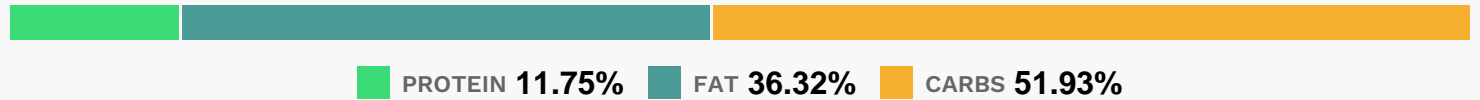
## Equipment

- bowl

## Directions

- Cook pasta according to package directions.
- Drain, and rinse with cold water until completely cool.
- In large bowl, combine pasta, vegetables, cheese, and olives. Toss well with dressing.
- Serve chilled or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:14.64, Inflammation Score:-10, Nutrition Score:13.999565083048%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

## Nutrients (% of daily need)

Calories: 332.06kcal (16.6%), Fat: 13.58g (20.89%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 43.69g (14.56%), Net Carbohydrates: 39.2g (14.25%), Sugar: 5.31g (5.9%), Cholesterol: 9.42mg (3.14%), Sodium: 605.42mg (26.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.77%), Vitamin A: 3988.75IU (79.77%), Selenium: 27.71µg (39.58%), Manganese: 0.54mg (27.24%), Vitamin K: 22.3µg (21.24%), Fiber: 4.49g (17.96%), Phosphorus: 165.49mg (16.55%), Magnesium: 43.56mg (10.89%), Calcium: 102.46mg (10.25%), Copper: 0.2mg (9.97%), Vitamin C: 8.04mg (9.75%), Vitamin B1: 0.14mg (9.25%), Vitamin E: 1.26mg (8.37%), Vitamin B3: 1.67mg (8.33%), Zinc: 1.25mg (8.33%), Potassium: 288.36mg (8.24%), Vitamin B6: 0.16mg (8.02%), Folate: 31µg (7.75%), Vitamin B2: 0.13mg (7.6%), Iron: 1.37mg (7.59%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.1µg (1.66%)