



Italian Pasta Salad I

READY IN



30 min.

SERVINGS



12

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup creamy caesar salad dressing
- ☐ 1 bell pepper green chopped
- ☐ 1 cup parmesan cheese grated
- ☐ 1 bell pepper diced red
- ☐ 1 onion diced red
- ☐ 16 ounce rotini pasta
- ☐ 1 cup salad dressing italian-style

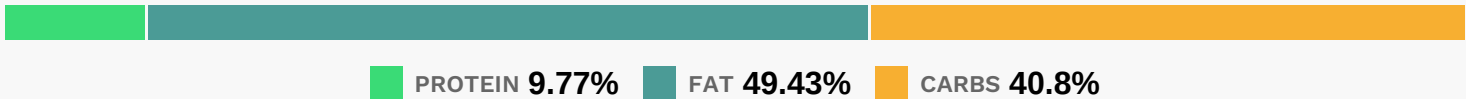
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ In a large bowl, combine the pasta, Italian salad dressing, Caesar dressing, red bell pepper, green bell pepper and red onion.
- ☐ Mix well and serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:11.69, Inflammation Score:-5, Nutrition Score:9.7769565647063%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 336.69kcal (16.83%), Fat: 18.41g (28.32%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 32.35g (11.76%), Sugar: 4.72g (5.25%), Cholesterol: 14.89mg (4.96%), Sodium: 580.58mg (25.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.37%), Selenium: 27.57µg (39.38%), Vitamin K: 32.97µg (31.4%), Vitamin C: 21.48mg (26.04%), Manganese: 0.4mg (20.11%), Phosphorus: 138.15mg (13.82%), Vitamin E: 1.64mg (10.91%), Calcium: 97.34mg (9.73%), Vitamin A: 433.16IU (8.66%), Fiber: 1.84g (7.36%), Vitamin B6: 0.14mg (7%), Magnesium: 27.42mg (6.85%), Zinc: 0.98mg (6.55%), Copper: 0.13mg (6.5%), Potassium: 173.42mg (4.95%), Iron: 0.89mg (4.93%), Vitamin B3: 0.84mg (4.19%), Vitamin B2: 0.07mg (3.95%), Vitamin B1: 0.06mg (3.82%), Folate: 14.99µg (3.75%), Vitamin B5: 0.26mg (2.59%), Vitamin B12: 0.12µg (1.97%)