



Italian Pasta Salad II

READY IN



30 min.

SERVINGS



6

CALORIES



861 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 5 green onions chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups mayonnaise
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 cup red wine vinegar

- ☐ 12 ounce rotini/corkscrew pasta
- ☐ 3 cups mozzarella cheese shredded

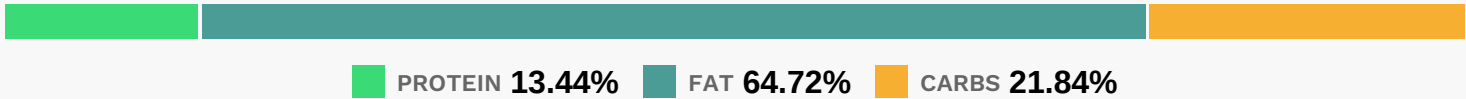
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool, peel and chop.
- ☐ In a large bowl, combine the pasta, eggs, mozzarella cheese, Parmesan cheese, bell pepper, green onions and parsley.
- ☐ Prepare the dressing by mixing together the mayonnaise, vinegar, Italian seasoning and pepper.
- ☐ Pour dressing over pasta mixture and toss well to coat. Refrigerate until chilled and serve.

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:17.76, Inflammation Score:-8, Nutrition Score:25.23956510295%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 860.9kcal (43.05%), Fat: 61.39g (94.44%), Saturated Fat: 16.19g (101.2%), Carbohydrates: 46.61g (15.54%), Net Carbohydrates: 43.97g (15.99%), Sugar: 3.36g (3.74%), Cholesterol: 287.45mg (95.82%), Sodium: 826.45mg (35.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.35%), Vitamin K: 139.21µg (132.58%), Selenium: 65.32µg (93.31%), Phosphorus: 453.88mg (45.39%), Calcium: 364.46mg (36.45%), Manganese: 0.64mg (32.16%), Vitamin B12: 1.89µg (31.48%), Vitamin B2: 0.49mg (29.05%), Vitamin C: 19.66mg (23.83%), Zinc: 3.44mg (22.94%), Vitamin A: 1038.16IU (20.76%), Vitamin E: 2.83mg (18.87%), Iron: 2.62mg (14.54%), Folate: 55.83µg (13.96%), Magnesium: 55.67mg (13.92%), Vitamin B5: 1.36mg (13.62%), Vitamin B6: 0.26mg (13.12%), Copper: 0.25mg (12.61%), Fiber: 2.64g (10.56%), Vitamin D: 1.52µg (10.12%), Potassium: 344.22mg (9.83%), Vitamin B1: 0.12mg (7.74%), Vitamin B3: 1.25mg (6.25%)