



## Kathy's Delicious Italian Pasta Salad

READY IN



35 min.

SERVINGS



6

CALORIES



724 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup balsamic vinegar
- 7 ounces olives black chopped
- 1 clove garlic minced
- 6 servings ground pepper black to taste
- 16 ounces mozzarella cheese cubed
- 0.8 cup olive oil
- 16 ounce penne pasta dry
- 12 ounces roasted peppers red
- 5 roma tomatoes chopped (plum)

- 0.3 pound genoa salami cut into strips
- 1 small onion yellow chopped

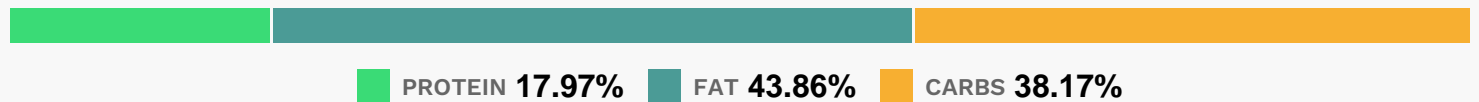
## Equipment

- bowl
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente.
- Drain and rinse under cold running water until cool.
- Mix together: red peppers, olives, onion, garlic, mozzarella cheese, tomatoes and salami.
- Combine in large bowl, pasta and vegetable mixture.
- Pour in olive oil, balsamic vinegar and black pepper.
- Mix well together.

## Nutrition Facts



## Properties

Glycemic Index:45.67, Glycemic Load:25.86, Inflammation Score:-8, Nutrition Score:25.452608771946%

## Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

## Nutrients (% of daily need)

Calories: 723.75kcal (36.19%), Fat: 35.16g (54.1%), Saturated Fat: 13.86g (86.64%), Carbohydrates: 68.84g (22.95%), Net Carbohydrates: 63.79g (23.2%), Sugar: 8.01g (8.9%), Cholesterol: 74.65mg (24.88%), Sodium: 2205.99mg

(95.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.41g (64.82%), Selenium: 66.03µg (94.33%), Phosphorus: 487.19mg (48.72%), Manganese: 0.94mg (47.14%), Calcium: 455.54mg (45.55%), Vitamin C: 34.46mg (41.77%), Vitamin B12: 2.25µg (37.55%), Zinc: 4.31mg (28.76%), Vitamin A: 1367.07IU (27.34%), Vitamin B1: 0.31mg (20.88%), Vitamin B2: 0.35mg (20.86%), Copper: 0.41mg (20.69%), Vitamin B6: 0.41mg (20.61%), Fiber: 5.05g (20.18%), Magnesium: 78.92mg (19.73%), Vitamin E: 2.55mg (16.98%), Potassium: 560.82mg (16.02%), Vitamin B3: 3.14mg (15.69%), Iron: 2.54mg (14.12%), Folate: 39.34µg (9.84%), Vitamin K: 9.83µg (9.36%), Vitamin B5: 0.73mg (7.27%), Vitamin D: 0.3µg (2.02%)