



Layered Antipasto Salad

READY IN



22 min.

SERVINGS



6

CALORIES



508 kcal

SIDE DISH

Ingredients

- 2.5 cups broccoli florets
- 1 cup caesar dressing
- 1 tablespoon parsley fresh chopped
- 9 oz penne pasta uncooked
- 6 slices provolone cheese cut into strips
- 0.5 small onion red sliced
- 0.5 pound deli roast beef cut into strips
- 2 cups tomatoes chopped

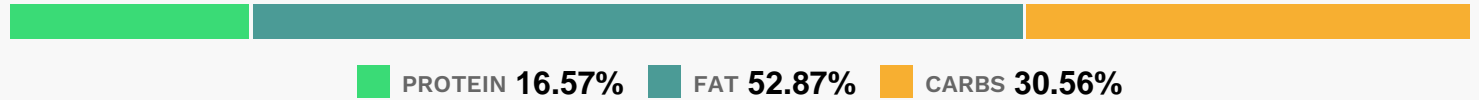
Equipment

bowl

Directions

- Cook pasta according to package directions, adding broccoli during the last 2 minutes of cooking time; drain. Rinse and cool. Toss with parsley.
- Place half of pasta mixture in a 4-qt. glass bowl; top with half each of tomatoes, beef, and onions. Repeat layers once.
- Pour dressing evenly over salad. Cover and chill at least 2 hours or overnight. Top with cheese before serving.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:14.07, Inflammation Score:-8, Nutrition Score:22.120000056598%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 507.84kcal (25.39%), Fat: 29.91g (46.02%), Saturated Fat: 7.32g (45.78%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 35.6g (12.94%), Sugar: 4.69g (5.21%), Cholesterol: 49.93mg (16.64%), Sodium: 1199.21mg (52.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Vitamin K: 95.15µg (90.62%), Vitamin C: 59.32mg (71.9%), Selenium: 33.78µg (48.26%), Calcium: 303.02mg (30.3%), Phosphorus: 295mg (29.5%), Manganese: 0.56mg (28.15%), Vitamin B3: 4.13mg (20.67%), Zinc: 2.88mg (19.22%), Vitamin A: 886.8IU (17.74%), Vitamin B6: 0.35mg (17.65%), Vitamin E: 2.52mg (16.79%), Vitamin B12: 0.93µg (15.53%), Potassium: 492.85mg (14.08%), Fiber: 3.32g (13.27%), Iron: 2.34mg (13%), Magnesium: 51.25mg (12.81%), Folate: 47.87µg (11.97%), Vitamin B2: 0.19mg (11.4%), Copper: 0.21mg (10.53%), Vitamin B1: 0.11mg (7.53%), Vitamin B5: 0.69mg (6.95%)