



Layered Pizza Salad

READY IN



165 min.

SERVINGS



10

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz rotini pasta uncooked
- 2 tablespoons penzey's southwest seasoning
- 1 medium bell pepper red chopped
- 2 plum tomatoes chopped (Roma)
- 1 large bell pepper green chopped
- 3.5 oz pepperoni sliced
- 8 oz mozzarella fresh halved drained (cheese balls)
- 3 spring onion with tops, sliced (1/2 cup)
- 0.5 cup pimientos green sliced

- 1 cup salad dressing italian
- 0.3 cup parmesan shredded

Equipment

- bowl

Directions

- Cook and drain pasta as directed on package. Rinse with cold water to cool; drain.
- In 3- or 4-quart clear bowl, layer 4 cups pasta, 1 tablespoon of the seasoning, the red bell pepper, tomatoes, green bell pepper, remaining pasta, remaining 1 tablespoon seasoning, the pepperoni, mozzarella, onions and olives.
- Pour dressing over salad; sprinkle with Parmesan cheese. Refrigerate 2 hours. Stir just before serving.

Nutrition Facts

PROTEIN 15.7% **FAT 39.04%** **CARBS 45.26%**

Properties

Glycemic Index:28.6, Glycemic Load:14.39, Inflammation Score:-7, Nutrition Score:16.919999879339%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 372.81kcal (18.64%), Fat: 16.21g (24.94%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 38.57g (14.03%), Sugar: 5.75g (6.38%), Cholesterol: 29.24mg (9.75%), Sodium: 579.64mg (25.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.34%), Selenium: 36.62µg (52.31%), Vitamin C: 40.94mg (49.62%), Vitamin K: 43.94µg (41.85%), Manganese: 0.7mg (34.96%), Phosphorus: 219.64mg (21.96%), Calcium: 212.8mg (21.28%), Vitamin A: 1058.94IU (21.18%), Fiber: 3.7g (14.8%), Vitamin B6: 0.27mg (13.28%), Iron: 2.38mg (13.24%), Zinc: 1.82mg (12.11%), Magnesium: 46.45mg (11.61%), Vitamin B12: 0.68µg (11.27%), Vitamin E: 1.67mg (11.14%), Vitamin B2: 0.17mg (9.87%), Copper: 0.2mg (9.78%), Vitamin B3: 1.82mg (9.12%), Potassium: 316.54mg (9.04%), Folate: 29.38µg (7.35%), Vitamin B1: 0.11mg (7.32%), Vitamin B5: 0.45mg (4.52%), Vitamin D:

0.23 μ g (1.55%)