



Layered Pizza Salad

READY IN



165 min.

SERVINGS



10

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large bell pepper green chopped
- 3 spring onion with tops, sliced (1/2 cup)
- 1 cup salad dressing italian
- 8 oz mozzarella fresh halved drained (cheese balls)
- 0.3 cup parmesan shredded
- 3.5 oz pepperoni sliced
- 0.5 cup pimiento stuffed olives green sliced
- 2 plum tomatoes chopped (Roma)
- 1 medium bell pepper red chopped

- 16 oz rotini pasta uncooked
- 2 tablespoons penzey's southwest seasoning

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 15.34% **FAT 40.64%** **CARBS 44.02%**

Properties

Glycemic Index:24.1, Glycemic Load:14.22, Inflammation Score:-7, Nutrition Score:16.053043541701%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg 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: 379.91kcal (19%), Fat: 17.21g (26.47%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 41.93g (13.98%), Net Carbohydrates: 38.23g (13.9%), Sugar: 5.46g (6.07%), Cholesterol: 29.24mg (9.75%), Sodium: 683.3mg (29.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Selenium: 36.66µg (52.37%), Vitamin K: 43.05µg (41%), Vitamin C: 30.96mg (37.52%), Manganese: 0.69mg (34.52%), Phosphorus: 217.9mg (21.79%), Calcium: 215.64mg (21.56%), Vitamin A: 830.58IU (16.61%), Fiber: 3.7g (14.81%), Vitamin E: 1.85mg (12.32%), Iron: 2.22mg (12.32%), Vitamin B6: 0.24mg (12.12%), Zinc: 1.8mg (11.98%), Magnesium: 46.52mg (11.63%), Vitamin B12: 0.68µg (11.27%), Copper: 0.2mg (9.89%), Vitamin B2: 0.16mg (9.48%), Vitamin B3: 1.77mg (8.84%), Potassium: 300.85mg (8.6%), Vitamin B1: 0.11mg (7.28%), Folate: 28.91µg (7.23%), Vitamin B5: 0.45mg (4.53%), Vitamin D:

0.23 μ g (1.55%)