



## Mediterranean Pasta Salad

READY IN



80 min.

SERVINGS



20

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup olives black sliced
- 14 oz canned tomatoes diced drained canned
- 0.8 cup miracle whip dressing kraft
- 0.8 cup parmesan cheese divided grated kraft
- 6 oz oscar mayer pepperoni
- 4 cups rotini pasta uncooked
- 1 zucchini sliced

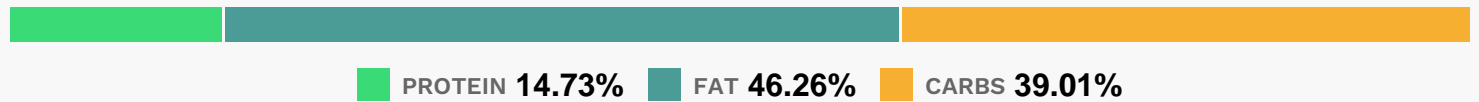
### Equipment

bowl

## Directions

- Cook pasta as directed on package, omitting salt; drain.
- Mix tomatoes and mayo in large bowl.
- Add pasta; toss to coat. Reserve 1/4 cup cheese.
- Add remaining ingredients to pasta mixture; mix lightly.
- Refrigerate at least 1 hour before serving.
- Sprinkle with reserved cheese just before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.25, Glycemic Load:3.66, Inflammation Score:-2, Nutrition Score:4.1182608397111%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 126.03kcal (6.3%), Fat: 6.52g (10.03%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.28g (4.1%), Sugar: 2.06g (2.29%), Cholesterol: 12.37mg (4.12%), Sodium: 410.54mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Selenium: 11.46µg (16.38%), Manganese: 0.2mg (9.82%), Phosphorus: 68.14mg (6.81%), Calcium: 49.09mg (4.91%), Vitamin B6: 0.09mg (4.55%), Vitamin C: 3.6mg (4.36%), Fiber: 1.08g (4.34%), Vitamin B3: 0.83mg (4.16%), Zinc: 0.6mg (4.01%), Vitamin B2: 0.06mg (3.68%), Potassium: 127.37mg (3.64%), Copper: 0.07mg (3.55%), Vitamin E: 0.52mg (3.49%), Magnesium: 13.89mg (3.47%), Vitamin B1: 0.05mg (3.31%), Iron: 0.56mg (3.11%), Vitamin B12: 0.16µg (2.69%), Vitamin A: 108.38IU (2.17%), Vitamin B5: 0.21mg (2.09%), Folate: 6.95µg (1.74%), Vitamin K: 1.66µg (1.58%)