



Monsteroni Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup olives black drained sliced
- 15 cherry tomatoes halved
- 1.5 teaspoons basil dried
- 1 cup feta cheese crumbled
- 1.5 teaspoons garlic powder
- 0.5 cup green onions chopped
- 3 cups mushrooms diced sliced
- 0.5 cup olive oil

- 1.5 teaspoons oregano dried
- 0.8 teaspoon pepper
- 0.8 cup optional: pepperoni diced
- 0.5 cup red wine vinegar
- 0.8 teaspoon sugar
- 1 cup bell pepper red yellow sliced

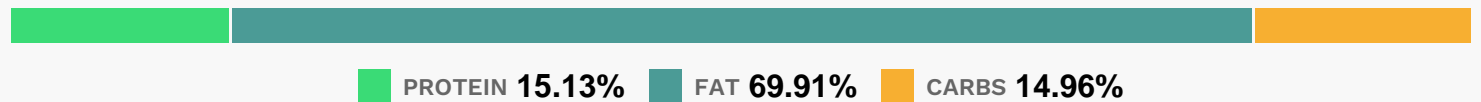
Equipment

- bowl
- whisk

Directions

- In a large bowl, combine macaroni, vegetables, cheese and pepperoni, if desired; set aside.
- Whisk together remaining ingredients in a small bowl.
- Pour over macaroni mixture and toss until evenly coated. Cover and chill 2 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:9.4082610088846%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 139.08kcal (6.95%), Fat: 11.07g (17.03%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 3.82g (1.39%), Sugar: 2.33g (2.59%), Cholesterol: 21.57mg (7.19%), Sodium: 469.99mg (20.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin C: 26.5mg (32.13%), Vitamin K: 18.68µg (17.79%), Vitamin B2: 0.29mg (17.15%), Vitamin A: 751.19IU (15.02%), Selenium: 7.78µg (11.12%), Phosphorus: 105.89mg (10.59%), Vitamin B6: 0.21mg (10.35%), Calcium: 99.05mg (9.9%), Vitamin B3: 1.97mg (9.85%),

Manganese: 0.18mg (8.92%), Vitamin E: 1.3mg (8.63%), Vitamin B5: 0.77mg (7.72%), Copper: 0.15mg (7.64%), Potassium: 248.96mg (7.11%), Folate: 25.21µg (6.3%), Vitamin B1: 0.09mg (6.28%), Vitamin B12: 0.38µg (6.25%), Zinc: 0.92mg (6.15%), Fiber: 1.51g (6.02%), Iron: 1.07mg (5.92%), Magnesium: 16.12mg (4.03%), Vitamin D: 0.23µg (1.52%)