



## MOP-it-up Pasta Salad Mushrooms, Peppers and Onions Pasta Salad with Red Pepper Pesto

READY IN



18 min.

SERVINGS



10

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup flat-leaf parsley leaves
- ☐ 2 small cloves garlic
- ☐ 1 bell pepper green seeded chopped
- ☐ 1 cup marinated mushrooms drained sliced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 1 pound gemelli pasta mini cooked

- ☐ 0.3 cup pepper rings italian hot drained chopped
- ☐ 3 ounce pignoli/pine nuts
- ☐ 0.5 large onion red chopped
- ☐ 1 cup roasted peppers red packed drained
- ☐ 10 servings salt and pepper

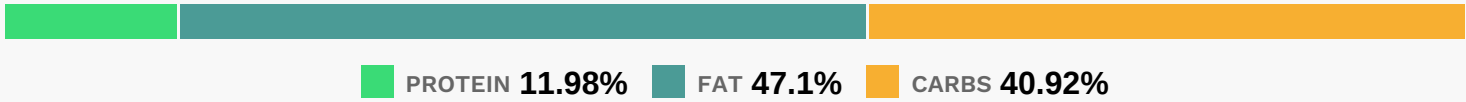
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

## Directions

- ☐ Place a large pot of water on to boil for pasta.
- ☐ Combine roasted peppers, garlic, pine nuts, parsley, salt and pepper and cheese in a food processor. Turn the processor on and stream in the extra-virgin olive oil to form a thick, pasty sauce forms. Adjust seasoning and transfer sauce to a large bowl.
- ☐ Add salt to boiling water and cook pasta to al dente, drain and cool under running cold water.
- ☐ Drain well a second time.
- ☐ Add cooked, cooled pasta to the pesto sauce.
- ☐ Add remaining ingredients to the bowl and toss to coat salad evenly. Adjust salt and pepper to your taste and serve or chill up to 48 hours.

## Nutrition Facts



## Properties

Glycemic Index:17.45, Glycemic Load:6.64, Inflammation Score:-4, Nutrition Score:9.2078260461921%

## Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg,

Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg  
Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.39mg, Quercetin: 1.39mg,  
Quercetin: 1.39mg, Quercetin: 1.39mg

**Nutrients (% of daily need)**

Calories: 174.06kcal (8.7%), Fat: 9.34g (14.37%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 18.26g (6.09%), Net  
Carbohydrates: 16.61g (6.04%), Sugar: 1.12g (1.25%), Cholesterol: 2.27mg (0.76%), Sodium: 469.77mg (20.42%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.69%), Manganese: 0.95mg (47.61%), Vitamin K:  
31.45µg (29.96%), Vitamin C: 18.73mg (22.71%), Selenium: 12.94µg (18.49%), Phosphorus: 106.91mg (10.69%),  
Copper: 0.19mg (9.55%), Magnesium: 35.16mg (8.79%), Vitamin E: 1.2mg (7.97%), Iron: 1.36mg (7.55%), Fiber: 1.66g  
(6.63%), Zinc: 0.95mg (6.3%), Calcium: 55.5mg (5.55%), Vitamin A: 271.85IU (5.44%), Vitamin B6: 0.1mg (5.01%),  
Potassium: 133.87mg (3.82%), Vitamin B1: 0.06mg (3.78%), Vitamin B3: 0.73mg (3.64%), Folate: 13.07µg (3.27%),  
Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.13mg (1.26%)