



Pasta Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 teaspoons penzey's southwest seasoning dried italian
- ☐ 0.8 cup olive oil
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 0.3 cup onion diced
- ☐ 1 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper

- ☐ 4 ounce pimientos drained chopped canned
- ☐ 1 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 pound fusille uncooked
- ☐ 1 pound fusille uncooked

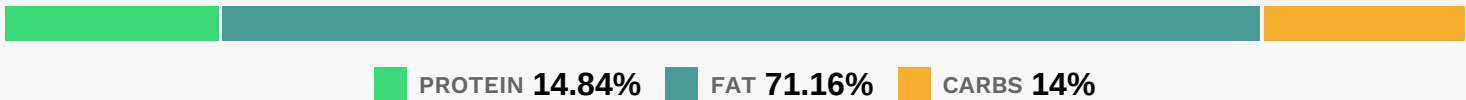
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Whisk together vinegar and next 5 ingredients in a large bowl.
- ☐ Add olive oil in a slow, steady stream, whisking constantly until blended.
- ☐ Add pasta, cheese, and remaining ingredients, tossing to coat.
- ☐ Serve immediately, or cover and chill 8 hours.
- ☐ Prep: 35 min.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:4.360869574806%

Flavonoids

Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 88.26kcal (4.41%), Fat: 7.09g (10.9%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.38g (0.87%), Sugar: 0.67g (0.74%), Cholesterol: 8.7mg (2.9%), Sodium: 510.37mg (22.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Vitamin K: 18.54µg (17.65%), Vitamin C: 13.29mg (16.11%), Calcium: 100.73mg (10.07%), Vitamin A: 485.79IU (9.72%), Phosphorus: 69.75mg (6.97%), Vitamin E: 0.92mg (6.13%), Selenium: 3.66µg (5.23%), Zinc: 0.5mg (3.3%), Iron: 0.55mg (3.03%), Fiber: 0.75g (3.02%), Manganese: 0.06mg (2.98%), Vitamin B2: 0.05mg (2.79%), Vitamin B6: 0.05mg (2.65%), Vitamin B12: 0.14µg (2.25%), Potassium: 64.49mg (1.84%), Magnesium: 7.27mg (1.82%), Copper: 0.03mg (1.33%), Folate: 4.61µg (1.15%)