



## Pasta Salad II

READY IN



45 min.

SERVINGS



10

CALORIES



340 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 ounce olives black sliced canned
- 1 large cucumber chopped
- 1 cup 1 cup zesty italian dressing italian
- 8 ounces monterrey jack cheese cubed
- 3.8 teaspoons old bay seasoning tm
- 16 ounce rotini pasta

### Equipment

- bowl

## Directions

- Cook rotelle pasta in boiling salted water until al dente. Rinse with cool water, and drain well.
- In a large bowl mix together the cubed Monterey Jack cheese, salad seasoning, black olives, and diced cucumbers.
- Add the drained and cooled pasta to the large bowl, pour Italian dressing over pasta and vegetables.
- Mix well.
- Refrigerate for several hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.4, Glycemic Load:13.72, Inflammation Score:-4, Nutrition Score:10.091739247675%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

## Nutrients (% of daily need)

Calories: 339.6kcal (16.98%), Fat: 15.22g (23.41%), Saturated Fat: 5.52g (34.53%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 36.32g (13.21%), Sugar: 4.36g (4.85%), Cholesterol: 20.18mg (6.73%), Sodium: 638.27mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Selenium: 32.66µg (46.66%), Manganese: 0.5mg (24.88%), Vitamin K: 22.07µg (21.02%), Calcium: 202.01mg (20.2%), Phosphorus: 197.79mg (19.78%), Magnesium: 38.25mg (9.56%), Copper: 0.19mg (9.47%), Zinc: 1.41mg (9.43%), Fiber: 2.29g (9.17%), Vitamin E: 1.29mg (8.6%), Vitamin B2: 0.13mg (7.37%), Iron: 1.22mg (6.8%), Vitamin B6: 0.13mg (6.34%), Vitamin A: 289.61IU (5.79%), Potassium: 189.62mg (5.42%), Vitamin B3: 0.9mg (4.48%), Folate: 17.71µg (4.43%), Vitamin B1: 0.06mg (4.21%), Vitamin B5: 0.31mg (3.14%), Vitamin B12: 0.19µg (3.14%), Vitamin C: 1.08mg (1.31%)