



Pasta Salad with Homemade Dressing

READY IN



525 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce olives black pitted canned
- 1 small cucumber thinly sliced
- 1 teaspoon basil dried
- 0.3 cup parsley fresh minced
- 2 cloves garlic minced
- 0.8 cup bell pepper green chopped
- 0.1 teaspoon pepper black
- 0.5 teaspoon ground mustard
- 0.5 cup olive oil

- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 6 ounces pepperoni diced
- 6 ounces provolone cheese cubed
- 0.8 cup bell pepper red chopped
- 1 onion red thinly sliced
- 0.3 cup red wine vinegar
- 0.3 teaspoon salt
- 8 ounce rotini pasta uncooked

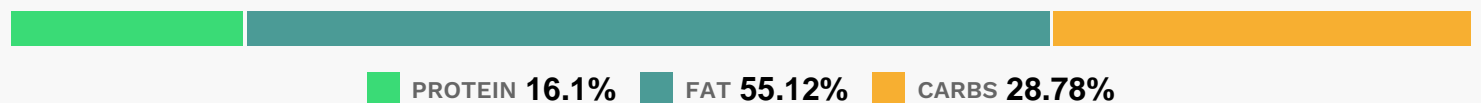
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add rotini pasta, and cook for 8 to 10 minutes, until al dente.
- Drain, and rinse with cold water.
- In a large bowl, mix the cooled pasta, pepperoni, provolone cheese, red onion, cucumber, green bell pepper, red bell pepper, olives, parsley, and Parmesan cheese.
- In a jar with a lid, mix the olive oil, vinegar, garlic, basil, oregano, ground mustard, salt, and pepper. Seal jar, and shake well.
- Pour the dressing mixture over the pasta salad, and toss to coat. Cover, and chill 8 hours in the refrigerator

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:9.34, Inflammation Score:-8, Nutrition Score:15.255652173913%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 374kcal (18.7%), Fat: 22.95g (35.3%), Saturated Fat: 8.8g (55.02%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 24.19g (8.8%), Sugar: 2.82g (3.13%), Cholesterol: 38.01mg (12.67%), Sodium: 955.2mg (41.53%), Protein: 15.09g (30.17%), Selenium: 28.94µg (41.34%), Vitamin C: 33.54mg (40.66%), Vitamin K: 41.42µg (39.45%), Manganese: 0.51mg (25.35%), Phosphorus: 232.49mg (23.25%), Calcium: 229.45mg (22.94%), Vitamin A: 964.65IU (19.29%), Vitamin B6: 0.26mg (12.81%), Zinc: 1.91mg (12.76%), Vitamin E: 1.88mg (12.5%), Fiber: 2.77g (11.06%), Vitamin B2: 0.18mg (10.73%), Vitamin B12: 0.63µg (10.48%), Magnesium: 38.56mg (9.64%), Vitamin B3: 1.91mg (9.55%), Copper: 0.18mg (8.79%), Vitamin B1: 0.13mg (8.34%), Potassium: 290.48mg (8.3%), Iron: 1.46mg (8.1%), Folate: 26.38µg (6.59%), Vitamin B5: 0.63mg (6.29%), Vitamin D: 0.4µg (2.66%)