



Pasta Salad with Roasted Red Peppers and Basil with White Balsamic Dressing

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ditalini pasta cooked
- 0.3 cup basil leaves fresh chopped
- 2 teaspoons grainy mustard country-style
- 4 servings salt and ground pepper black
- 2 cups mozzarella balls
- 2 tablespoons olive oil
- 0.5 cup roasted peppers diced red (from water-packed jar)

0.3 cup balsamic vinegar white

Equipment

bowl

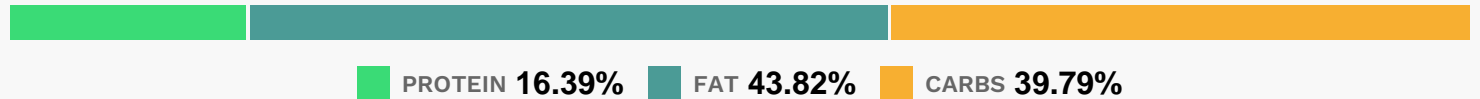
whisk

Directions

In the bottom of a large bowl, whisk together balsamic vinegar, oil and mustard.

Add cooked pasta, red peppers and basil and toss to combine. Season, to taste, with salt and black pepper. Fold in mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:58.42, Glycemic Load:17.76, Inflammation Score:-3, Nutrition Score:7.7382608859435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 385.35kcal (19.27%), Fat: 18.9g (29.08%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 38.63g (12.88%), Net Carbohydrates: 36.22g (13.17%), Sugar: 3.06g (3.4%), Cholesterol: 18mg (6%), Sodium: 307.59mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.82%), Selenium: 30.85µg (44.07%), Manganese: 0.45mg (22.72%), Calcium: 202.71mg (20.27%), Vitamin C: 8.42mg (10.2%), Vitamin K: 10.64µg (10.13%), Fiber: 2.41g (9.63%), Phosphorus: 76mg (7.6%), Copper: 0.15mg (7.46%), Vitamin E: 1.1mg (7.32%), Magnesium: 26.58mg (6.65%), Iron: 0.96mg (5.32%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.65mg (4.35%), Vitamin A: 172.45IU (3.45%), Folate: 11.95µg (2.99%), Potassium: 102.87mg (2.94%), Vitamin B3: 0.58mg (2.89%), Vitamin B1: 0.03mg (2.16%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.15mg (1.46%)