



## Pasta with the Works

READY IN



25 min.

SERVINGS



8

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 16 ounce noodles corkscrew-shaped cooked drained
- 2 medium bell pepper green chopped
- 1 cup olives pitted ripe cut in halves
- 8 servings parmesan cheese grated
- 1 cup pepperoni thinly sliced cut in halves
- 4 pound pasta sauce italian traditional
- 2 cups mozzarella cheese shredded

## Equipment

pot

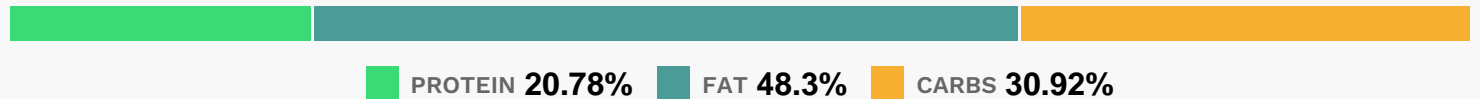
## Directions

Mix pasta, pasta sauce, pepperoni, peppers, olives and mozzarella cheese in saucepot. Toss to coat.

Heat through.

Serve with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:19.81, Glycemic Load:12.18, Inflammation Score:-8, Nutrition Score:22.778695842494%

## Flavonoids

Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 455.92kcal (22.8%), Fat: 25.04g (38.52%), Saturated Fat: 11.39g (71.16%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 30.58g (11.12%), Sugar: 9.51g (10.56%), Cholesterol: 61.92mg (20.64%), Sodium: 2263.46mg (98.41%), Alcohol: 0g (100%), Protein: 24.24g (48.48%), Selenium: 35.84µg (51.2%), Vitamin C: 39.79mg (48.24%), Calcium: 456.75mg (45.68%), Phosphorus: 412.38mg (41.24%), Vitamin A: 1607.2IU (32.14%), Vitamin E: 4.4mg (29.36%), Manganese: 0.58mg (28.97%), Potassium: 872.86mg (24.94%), Vitamin B2: 0.39mg (22.78%), Zinc: 3.29mg (21.97%), Fiber: 5.49g (21.94%), Vitamin B12: 1.23µg (20.45%), Vitamin B6: 0.41mg (20.39%), Iron: 3.53mg (19.63%), Copper: 0.39mg (19.27%), Vitamin B3: 3.41mg (17.07%), Magnesium: 67.7mg (16.92%), Vitamin B5: 1.1mg (11.02%), Vitamin K: 10.76µg (10.25%), Vitamin B1: 0.14mg (9.4%), Folate: 32.33µg (8.08%), Vitamin D: 0.45µg (2.97%)