

Pepperoni Caesar Pasta Salad

READY IN



20 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli florets fresh
- 0.5 cup caesar dressing prepared
- 3.3 ounce pepperoni sliced quartered
- 1.5 cups shells
- 1 cup mozzarella cheese shredded

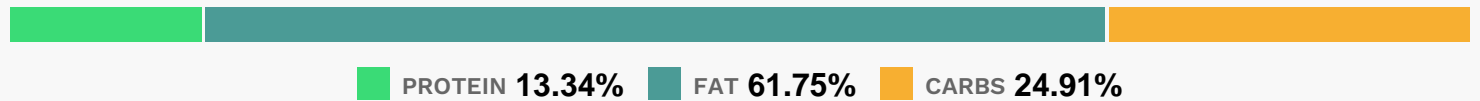
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook shell pasta in boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes.
- Drain.
- Combine mozzarella cheese, pepperoni, and broccoli in a large bowl; fold in pasta.
- Drizzle with Caesar salad dressing, tossing to combine. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:11.79, Inflammation Score:-5, Nutrition Score:14.770869731903%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 506.16kcal (25.31%), Fat: 34.55g (53.16%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 29.43g (10.7%), Sugar: 2.5g (2.78%), Cholesterol: 55.92mg (18.64%), Sodium: 904.69mg (39.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.6%), Vitamin K: 56.07µg (53.4%), Selenium: 36.18µg (51.68%), Manganese: 0.55mg (27.41%), Vitamin C: 20.38mg (24.7%), Phosphorus: 226.99mg (22.7%), Calcium: 178.44mg (17.84%), Vitamin B12: 0.95µg (15.78%), Zinc: 2.03mg (13.56%), Vitamin E: 1.9mg (12.68%), Vitamin B2: 0.19mg (11.21%), Vitamin B3: 1.97mg (9.87%), Vitamin B6: 0.19mg (9.71%), Magnesium: 34.99mg (8.75%), Vitamin B1: 0.12mg (8.24%), Iron: 1.4mg (7.78%), Fiber: 1.94g (7.75%), Copper: 0.15mg (7.33%), Potassium: 248.43mg (7.1%), Vitamin A: 341IU (6.82%), Vitamin B5: 0.63mg (6.28%), Folate: 24.78µg (6.2%), Vitamin D: 0.44µg (2.94%)