



Peppery Monterey Jack Pasta Salad

READY IN



20 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup pasta uncooked
- 0.3 cup pepperoncini peppers sliced
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- 16 ounce navy beans rinsed drained canned
- 0.3 cup capers rinsed drained
- 2 tablespoons apple cider vinegar
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced
- 2 ounces monterrey jack cheese cut into 1/4-inch cubes

- 1 tablespoon olive oil extra virgin extra-virgin
- 0.5 teaspoon oregano dried
- 14 ounces plum tomatoes diced
- 0.3 cup onion red finely chopped
- 1 ounce genoa salami chopped
- 0.1 teaspoon salt

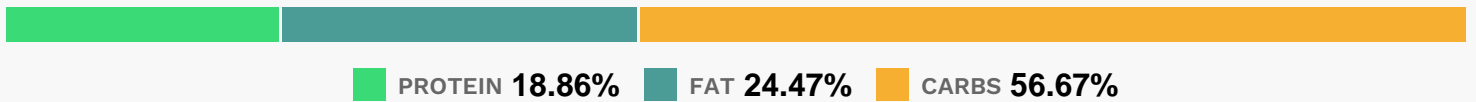
Equipment

- bowl
- oven

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Combine tomato and remaining ingredients in a large bowl.
- Add pasta to tomato mixture, tossing well to combine.
- Combine 1/2 cup grated Asiago cheese, 1 tablespoon sesame seeds, and 1 teaspoon freshly ground black pepper in a small bowl. Separate 1 (7-ounce) can refrigerated breadstick dough to form 8 sticks; roll each breadstick in cheese mixture.
- Bake according to package directions.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:12.8, Inflammation Score:-9, Nutrition Score:21.09695657699%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol:

19.37mg, Kaempferol: 19.37mg, Kaempferol: 19.37mg, Kaempferol: 19.37mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 27.79mg, Quercetin: 27.79mg, Quercetin: 27.79mg, Quercetin: 27.79mg

Nutrients (% of daily need)

Calories: 424.93kcal (21.25%), Fat: 11.89g (18.28%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 61.91g (20.64%), Net Carbohydrates: 52.04g (18.92%), Sugar: 5.35g (5.95%), Cholesterol: 18.21mg (6.07%), Sodium: 1239.84mg (53.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.21%), Vitamin K: 81.76µg (77.86%), Vitamin C: 33.8mg (40.97%), Fiber: 9.87g (39.48%), Manganese: 0.63mg (31.73%), Phosphorus: 268.54mg (26.85%), Vitamin A: 1328.78IU (26.58%), Folate: 103.95µg (25.99%), Iron: 4.65mg (25.81%), Magnesium: 81.16mg (20.29%), Potassium: 692.59mg (19.79%), Copper: 0.39mg (19.67%), Vitamin B1: 0.29mg (19.31%), Calcium: 191.32mg (19.13%), Vitamin B6: 0.33mg (16.62%), Selenium: 10.83µg (15.48%), Vitamin E: 2.27mg (15.15%), Zinc: 1.93mg (12.84%), Vitamin B2: 0.2mg (11.59%), Vitamin B3: 1.92mg (9.58%), Vitamin B12: 0.32µg (5.27%), Vitamin B5: 0.47mg (4.67%)