



WHATSheATE



Peppery Monterey Jack Pasta Salad

READY IN



20 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup pasta uncooked
- ☐ 0.3 cup pepperoncini peppers sliced
- ☐ 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

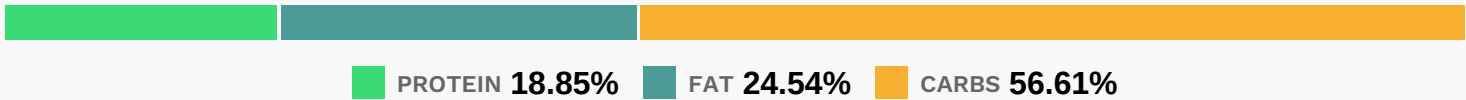
Equipment

- ☐ 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:20.398261000281%

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

27.79mg

Nutrients (% of daily need)

Calories: 422.83kcal (21.14%), Fat: 11.85g (18.23%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 61.5g (20.5%), Net Carbohydrates: 51.89g (18.87%), Sugar: 5.2g (5.78%), Cholesterol: 18.21mg (6.07%), Sodium: 1238.83mg (53.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.95%), Vitamin K: 81.02µg (77.16%), Fiber: 9.61g (38.43%), Vitamin C: 27.39mg (33.2%), Manganese: 0.63mg (31.34%), Phosphorus: 266.06mg (26.61%), Vitamin A: 1302.43IU (26.05%), Iron: 4.61mg (25.61%), Folate: 101.7µg (25.43%), Magnesium: 79.84mg (19.96%), Copper: 0.39mg (19.3%), Potassium: 672.75mg (19.22%), Calcium: 190.23mg (19.02%), Vitamin B1: 0.28mg (18.89%), Selenium: 10.81µg (15.44%), Vitamin B6: 0.3mg (15.23%), Vitamin E: 2.22mg (14.8%), Zinc: 1.91mg (12.71%), Vitamin B2: 0.19mg (11.35%), Vitamin B3: 1.82mg (9.1%), Vitamin B12: 0.32µg (5.27%), Vitamin B5: 0.45mg (4.47%)