



Pesto Pasta Caprese Salad

READY IN



20 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 leaves basil leaves fresh shredded finely
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 cup grape tomatoes halved
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 cup mozzarella balls fresh pearlino
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 tablespoons pesto to taste
- ☐ 1.5 cups rotini pasta
- ☐ 0.3 teaspoon salt to taste

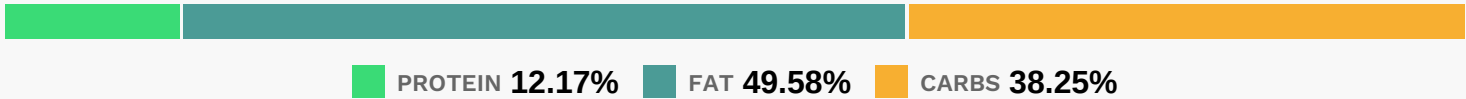
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain.
- ☐ Mix pesto, olive oil, salt, granulated garlic, and black pepper in a bowl; add rotini. Toss to coat. Fold in tomatoes, mozzarella, and fresh basil.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:4.64, Inflammation Score:-2, Nutrition Score:2.7478261123533%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 128.93kcal (6.45%), Fat: 7.15g (10.99%), Saturated Fat: 1.44g (9%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 11.63g (4.23%), Sugar: 0.97g (1.08%), Cholesterol: 3.6mg (1.2%), Sodium: 174.59mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Selenium: 9.51µg (13.59%), Manganese: 0.16mg (8.02%), Vitamin A: 263.65IU (5.27%), Calcium: 46.89mg (4.69%), Phosphorus: 32.01mg (3.2%), Fiber: 0.77g (3.09%), Vitamin K: 3.16µg (3.01%), Vitamin E: 0.42mg (2.81%), Copper: 0.05mg (2.63%), Magnesium: 9.59mg (2.4%), Vitamin C: 1.73mg (2.1%), Potassium: 65.46mg (1.87%), Iron: 0.3mg (1.68%), Vitamin B6: 0.03mg (1.68%), Vitamin B3: 0.33mg (1.66%), Zinc: 0.24mg (1.59%), Vitamin B1: 0.02mg (1.25%), Folate: 4.74µg (1.19%)