



Pizza Pasta Salad

READY IN



110 min.

SERVINGS



10

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

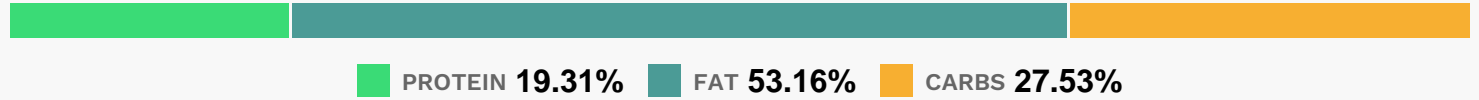
- 3 cups penne pasta rinsed cooked
- 0.5 cup basil fresh sliced
- 1 cup italian* five cheese blend shredded kraft finely
- 0.5 cup parmesan cheese grated kraft
- 12 slices oscar mayer salami hard chopped
- 0.5 cup tuscan house dressing italian kraft
- 4 tomatoes chopped

Equipment

Directions

- Combine ingredients.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.45, Glycemic Load:4.15, Inflammation Score:-4, Nutrition Score:6.1326086799736%

Flavonoids

Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 178.58kcal (8.93%), Fat: 10.66g (16.41%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 11.35g (4.13%), Sugar: 2.71g (3.01%), Cholesterol: 15.12mg (5.04%), Sodium: 472.3mg (20.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.43%), Selenium: 11.46µg (16.38%), Vitamin K: 15.53µg (14.79%), Vitamin A: 520.62IU (10.41%), Phosphorus: 85.46mg (8.55%), Vitamin B1: 0.13mg (8.52%), Vitamin C: 7mg (8.49%), Manganese: 0.17mg (8.37%), Calcium: 78.36mg (7.84%), Vitamin B6: 0.12mg (6.23%), Vitamin B12: 0.37µg (6.16%), Zinc: 0.9mg (6.01%), Potassium: 191.26mg (5.46%), Vitamin B3: 1.03mg (5.15%), Fiber: 1.07g (4.27%), Copper: 0.08mg (4.03%), Vitamin B2: 0.07mg (4.01%), Magnesium: 15.48mg (3.87%), Iron: 0.69mg (3.84%), Vitamin E: 0.57mg (3.82%), Folate: 10.5µg (2.62%), Vitamin B5: 0.21mg (2.06%)