



Pizza Pasta Salad

READY IN



23 min.

SERVINGS



8

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup basil fresh shredded
- 8 ounces mozzarella fresh halved (small mozzarella nuggets) (18 pieces)
- 0.8 cup marinated artichoke sliced
- 0.5 cup sun-dried olives chopped
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons oregano fresh chopped
- 4 ounces pepperoni diced
- 0.3 cup rice vinegar
- 8 servings salt and pepper

1 pound .5 oz. macaroni

Equipment

bowl

baking sheet

pot

Directions

Bring a large pot of salted water to a boil.

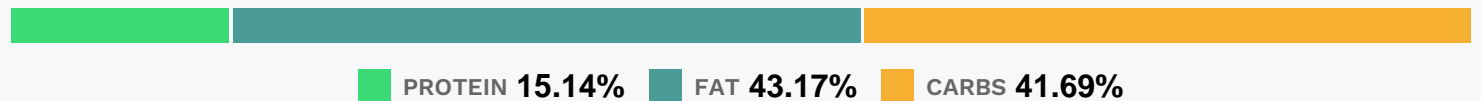
Add pasta and cook until al dente, about 8 minutes.

Drain well and spread on an oiled baking sheet to cool. (Don't worry if pasta sticks together. It will come apart when mixed with oil.)

Transfer cooled pasta to a large bowl and stir in oil.

Add vinegar, sun-dried tomatoes, artichoke hearts, bocconcini, pepperoni, basil and oregano. Toss well and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.14, Inflammation Score:-9, Nutrition Score:15.359999967658%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 470.45kcal (23.52%), Fat: 22.46g (34.55%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 45.21g (16.44%), Sugar: 4.64g (5.15%), Cholesterol: 36.15mg (12.05%), Sodium: 678.23mg (29.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.43%), Selenium: 45.26µg (64.65%), Manganese: 0.83mg (41.28%), Phosphorus: 257.5mg (25.75%), Vitamin K: 22.55µg (21.47%), Calcium: 192.52mg (19.25%), Copper: 0.29mg (14.6%), Zinc: 2.16mg (14.38%), Fiber: 3.59g (14.36%), Magnesium: 56.06mg (14.01%), Vitamin B12: 0.83µg (13.84%), Iron: 2.36mg (13.11%), Potassium: 443.13mg (12.66%), Vitamin B3: 2.39mg (11.97%), Vitamin B2: 0.19mg (11.3%), Vitamin A: 539.62IU (10.79%), Vitamin E: 1.48mg (9.83%), Vitamin B1: 0.14mg (9.13%),

Vitamin B6: 0.18mg (9.03%), Vitamin C: 6.93mg (8.4%), Vitamin B5: 0.61mg (6.1%), Folate: 21.56µg (5.39%), Vitamin D: 0.3µg (1.98%)