



Pizza pasta salad

READY IN



25 min.

SERVINGS



1

CALORIES



709 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

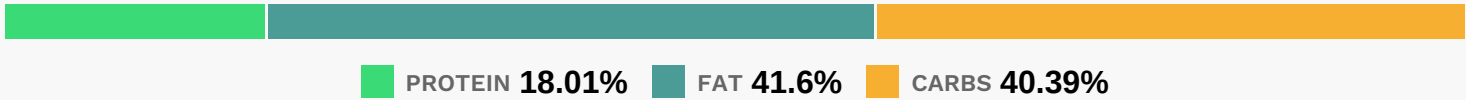
- ☐ 85 g soup noodles
- ☐ 1 tsp olive oil
- ☐ 1 tbsp pesto rosso
- ☐ 85 g baby plum tomato halved
- ☐ 50 g mozzarella cheese light cubed
- ☐ 3 olives black halved
- ☐ 4 slices genoa salami sliced into ribbons
- ☐ 1 handful basil leaves

Equipment

Directions

- ☐
- Cook the pasta following pack instructions.
- ☐
- Drain, rinse under cold water to cool, then drain well. Toss with the oil and sundried tomato pesto, season to taste.
- ☐
- Place in a jar or plastic box and scatter over the remaining ingredients in layers, ending with the basil.

Nutrition Facts



Properties

Glycemic Index:205, Glycemic Load:26.86, Inflammation Score:-8, Nutrition Score:24.069130239279%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 708.96kcal (35.45%), Fat: 32.56g (50.09%), Saturated Fat: 12.34g (77.13%), Carbohydrates: 71.14g (23.71%), Net Carbohydrates: 66.49g (24.18%), Sugar: 6.29g (6.99%), Cholesterol: 69.14mg (23.05%), Sodium: 1461.67mg (63.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.42%), Selenium: 71.48µg (102.11%), Manganese: 0.94mg (46.98%), Phosphorus: 442.09mg (44.21%), Vitamin B12: 2.15µg (35.8%), Calcium: 307.88mg (30.79%), Vitamin B1: 0.46mg (30.73%), Zinc: 4.34mg (28.91%), Vitamin A: 1295.46IU (25.91%), Vitamin B6: 0.41mg (20.6%), Vitamin B3: 4.06mg (20.32%), Vitamin B2: 0.33mg (19.4%), Copper: 0.38mg (19.05%), Magnesium: 74.92mg (18.73%), Fiber: 4.65g (18.59%), Vitamin K: 19.13µg (18.22%), Potassium: 576.07mg (16.46%), Vitamin C: 12.57mg (15.24%), Iron: 2.34mg (13.02%), Vitamin E: 1.77mg (11.79%), Vitamin B5: 0.9mg (9.01%), Folate: 33.99µg (8.5%), Vitamin D: 0.2µg (1.33%)