



Prosciutto and Picholine Pasta Salad

READY IN



45 min.

SERVINGS



2

CALORIES



709 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cavatelli pasta uncooked
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons olives pitted chopped
- ☐ 1 ounce parmesan grated
- ☐ 1 ounce pancetta chopped
- ☐ 3 tablespoons red wine vinegar

- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon dijon mustard

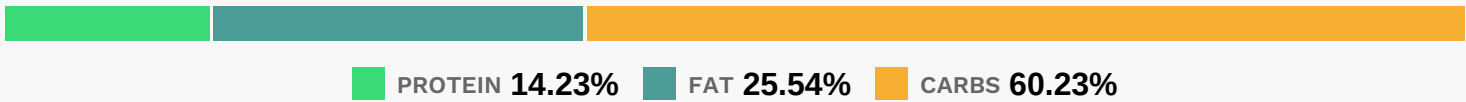
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 7 ingredients in a medium bowl, stirring well with a whisk; set aside.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water.
- ☐ Drain.
- ☐ Add pasta, parsley, and remaining ingredients to vinegar mixture; toss well to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:152.55, Glycemic Load:42.97, Inflammation Score:-8, Nutrition Score:23.778260858163%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 709.39kcal (35.47%), Fat: 19.86g (30.55%), Saturated Fat: 5.74g (35.88%), Carbohydrates: 105.36g (35.12%), Net Carbohydrates: 100.19g (36.43%), Sugar: 7.87g (8.75%), Cholesterol: 18.99mg (6.33%), Sodium: 687.81mg (29.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.78%), Selenium: 92.76µg (132.52%), Vitamin K: 132.37µg (126.07%), Manganese: 1.32mg (66.08%), Phosphorus: 385.68mg (38.57%), Magnesium: 88.63mg (22.16%), Calcium: 220.13mg (22.01%), Copper: 0.43mg (21.55%), Fiber: 5.17g (20.68%), Zinc:

2.58mg (17.22%), Vitamin A: 838.63IU (16.77%), Vitamin B3: 3.04mg (15.2%), Iron: 2.73mg (15.15%), Vitamin B6: 0.26mg (12.81%), Vitamin B1: 0.19mg (12.48%), Vitamin C: 10.3mg (12.48%), Potassium: 409.08mg (11.69%), Vitamin E: 1.64mg (10.96%), Folate: 37.82µg (9.45%), Vitamin B2: 0.15mg (9.01%), Vitamin B5: 0.78mg (7.76%), Vitamin B12: 0.24µg (4.02%)