



Prosciutto and Spicy Green Olive Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach
- ☐ 2 ounces feta cheese crumbled reduced-fat
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1.8 cups multigrain penne uncooked
- ☐ 8 jalapeño-stuffed olives green sliced
- ☐ 2 ounces pancetta thinly sliced chopped

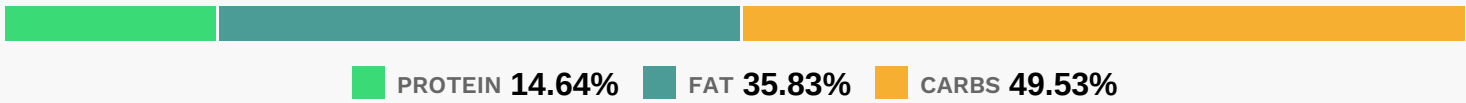
Equipment

☐ bowl

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water.
- ☐ While pasta cooks, combine spinach and next 4 ingredients in a large bowl.
- ☐ Add pasta and cheese; toss well.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:14.88, Inflammation Score:-10, Nutrition Score:14.792173862457%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 324.7kcal (16.24%), Fat: 13.03g (20.05%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 37.29g (13.56%), Sugar: 2.03g (2.25%), Cholesterol: 16.95mg (5.65%), Sodium: 360.7mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin K: 90.26µg (85.96%), Selenium: 34.29µg (48.99%), Manganese: 0.71mg (35.61%), Vitamin A: 1485.76IU (29.72%), Fiber: 3.23g (12.93%), Phosphorus: 124.81mg (12.48%), Magnesium: 47.27mg (11.82%), Iron: 2.08mg (11.57%), Vitamin E: 1.68mg (11.23%), Folate: 44.12µg (11.03%), Copper: 0.19mg (9.66%), Vitamin B6: 0.17mg (8.27%), Vitamin B3: 1.65mg (8.25%), Potassium: 256.42mg (7.33%), Calcium: 70.01mg (7%), Vitamin B1: 0.1mg (6.75%), Zinc: 1.01mg (6.74%), Vitamin C: 4.27mg (5.18%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.33mg (3.25%), Vitamin B12: 0.07µg (1.18%)