



Quick Antipasto Pasta Salad

READY IN

ready

40 min.

SERVINGS

servings

12

CALORIES

calories

249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup asiago cheese grated
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.8 cup olive oil extra virgin
- ☐ 1.5 cups basil fresh thinly sliced
- ☐ 16 ounce fusilli pasta
- ☐ 1 clove garlic chopped
- ☐ 6.5 ounce marinated artichoke hearts drained quartered
- ☐ 3 tablespoons olives chopped

- ☐ 0.5 cup pepperoni thinly sliced
- ☐ 0.3 cup provolone cheese thinly sliced
- ☐ 0.7 cup red wine vinegar
- ☐ 3 tablespoons roasted peppers red sliced
- ☐ 0.5 cup genoa salami thinly sliced
- ☐ 0.3 teaspoon salt

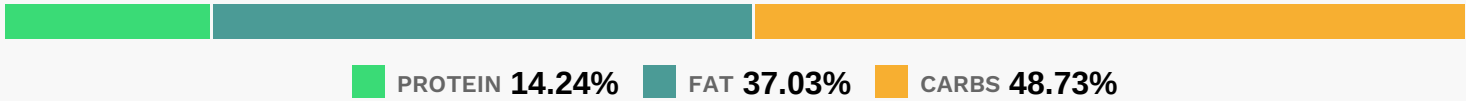
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk olive oil, vinegar, garlic, Dijon mustard, 1/2 teaspoon salt, and 1/2 teaspoon ground black pepper in a bowl.
- ☐ Bring a large pot of lightly salted water to a boil. Cook fusilli in the boiling water, stirring occasionally until cooked through but firm to the bite, 12 minutes.
- ☐ Drain.
- ☐ Mix fusilli, basil, salami, pepperoni, artichoke hearts, provolone cheese, Asiago cheese, olives, roasted red peppers, 1/2 teaspoon black pepper, and 1/4 teaspoon salt in a large bowl; drizzle vinaigrette over salad. Toss to evenly coat.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:11.47, Inflammation Score:-4, Nutrition Score:7.9547826336778%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 249.32kcal (12.47%), Fat: 10.04g (15.45%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 28.02g (10.19%), Sugar: 1.22g (1.36%), Cholesterol: 11.6mg (3.87%), Sodium: 430.92mg (18.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Selenium: 27.54µg (39.34%), Manganese: 0.44mg (22.09%), Vitamin K: 14.66µg (13.96%), Phosphorus: 122.29mg (12.23%), Vitamin A: 380.14IU (7.6%), Copper: 0.14mg (7.24%), Zinc: 1.03mg (6.89%), Fiber: 1.72g (6.88%), Vitamin C: 5.63mg (6.82%), Calcium: 67.78mg (6.78%), Magnesium: 27.09mg (6.77%), Vitamin B1: 0.1mg (6.38%), Vitamin B3: 1.21mg (6.04%), Vitamin B6: 0.12mg (5.8%), Iron: 0.99mg (5.48%), Vitamin B12: 0.26µg (4.3%), Vitamin B2: 0.07mg (4.13%), Potassium: 143.74mg (4.11%), Vitamin E: 0.59mg (3.95%), Vitamin B5: 0.3mg (3.03%), Folate: 10.3µg (2.57%)