



Quick Antipasto Pasta Salad

READY IN



25 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.5 cup salad dressing italian
- 4 cups the of 1 cos lettuce
- 1 cup genoa salami cubed
- 1 cup cherry tomatoes halved
- 4 oz provolone cheese cut into 1/2-inch cubes (1 cup)
- 2.3 oz olives ripe drained sliced canned

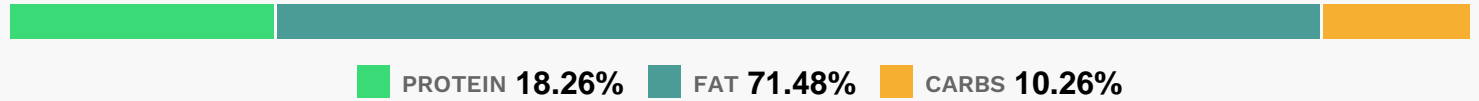
Equipment

- bowl
- sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta; rinse with cold water. Shake to drain well.
- In large bowl, stir together seasoning mix and dressing. Toss with pasta and remaining ingredients. Stir in croutons and Parmesan topping just before serving.
- Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:11.861304360887%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 215.78kcal (10.79%), Fat: 17.26g (26.56%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.38g (1.59%), Sugar: 3.28g (3.64%), Cholesterol: 27.92mg (9.31%), Sodium: 930.98mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin A: 3067IU (61.34%), Vitamin K: 44.34µg (42.23%), Calcium: 166.54mg (16.65%), Phosphorus: 156.59mg (15.66%), Vitamin B1: 0.22mg (14.43%), Vitamin B12: 0.8µg (13.39%), Folate: 48.75µg (12.19%), Selenium: 8.26µg (11.8%), Zinc: 1.53mg (10.18%), Vitamin B2: 0.15mg (8.82%), Vitamin B6: 0.18mg (8.8%), Vitamin C: 7mg (8.48%), Potassium: 250.13mg (7.15%), Vitamin E: 1.06mg (7.05%), Vitamin B3: 1.37mg (6.83%), Iron: 0.92mg (5.13%), Manganese: 0.1mg (4.79%), Fiber: 1.19g (4.76%), Magnesium: 18.21mg (4.55%), Copper: 0.09mg (4.26%), Vitamin B5: 0.37mg (3.69%)