



## Quick Italian Pasta Salad

READY IN



25 min.

SERVINGS



12

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 ounce olives black sliced canned
- 0.5 bell pepper green sliced
- 8 ounces mozzarella balls fresh (ciliegine)
- 0.5 cup parmesan cheese shredded
- 2.1 ounce salad dressing mix dry italian-style to taste
- 0.5 bell pepper red sliced
- 0.5 onion red chopped
- 1 cup salad dressing italian-style
- 0.8 pound genoa salami diced italian finely

12 ounce tri-color rotini pasta

## Equipment

bowl

pot

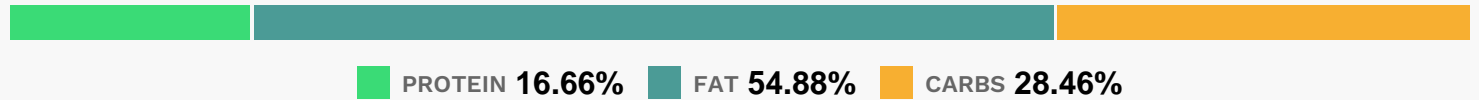
## Directions

Bring a large pot of lightly salted water to a boil; cook rotini at a boil until tender yet firm to the bite, about 8 minutes; drain and rinse with cold water until cool.

Combine pasta, salami, green bell pepper, red bell pepper, onion, salad dressing, olives, and mozzarella cheese in a large bowl.

Mix dry salad dressing into pasta; sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:13.83, Glycemic Load:8.84, Inflammation Score:-4, Nutrition Score:10.496087111209%

## Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 367.72kcal (18.39%), Fat: 22.48g (34.59%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 24.59g (8.94%), Sugar: 4.04g (4.49%), Cholesterol: 32.03mg (10.68%), Sodium: 1187.95mg (51.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Selenium: 26.7µg (38.15%), Vitamin B1: 0.31mg (20.42%), Phosphorus: 155.28mg (15.53%), Manganese: 0.31mg (15.29%), Vitamin B12: 0.84µg (14.06%), Vitamin K: 14.67µg (13.97%), Calcium: 138.92mg (13.89%), Vitamin C: 10.77mg (13.06%), Vitamin B6: 0.25mg (12.56%), Zinc: 1.75mg (11.7%), Vitamin B3: 2.22mg (11.12%), Vitamin E: 1.22mg (8.1%), Copper: 0.16mg (7.81%), Vitamin B2: 0.13mg (7.78%), Magnesium: 27.43mg (6.86%), Fiber: 1.64g (6.57%), Potassium: 226.62mg (6.47%), Vitamin A: 270.77IU (5.42%), Iron: 0.95mg (5.29%), Vitamin B5: 0.47mg (4.71%), Folate: 10.03µg (2.51%)