



WHATSheATE



Rainbow Pasta Salad



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz olives black drained sliced canned
- ☐ 1 cucumber chopped
- ☐ 1 bell pepper green chopped
- ☐ 16 oz salad dressing italian divided
- ☐ 1 cup pepperoni sliced quartered
- ☐ 1 bell pepper red chopped
- ☐ 16 oz rainbow rotini uncooked

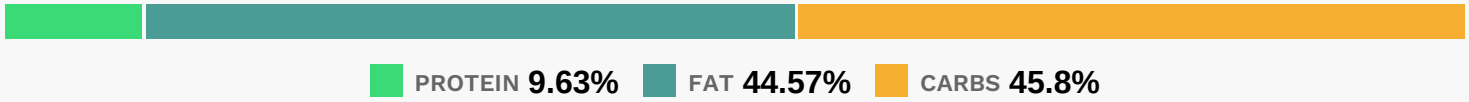
Equipment

bowl

Directions

- Cook rotini according to package directions; drain and rinse with cold water.
- Mix together rotini and all ingredients except dressing in a large bowl.
- Pour half the salad dressing over the top; toss to coat. Chill. Stir in remaining dressing at serving time.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:17.38, Inflammation Score:-6, Nutrition Score:14.582173689552%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 459.79kcal (22.99%), Fat: 22.74g (34.99%), Saturated Fat: 4.78g (29.9%), Carbohydrates: 52.58g (17.53%), Net Carbohydrates: 49.23g (17.9%), Sugar: 9.25g (10.28%), Cholesterol: 13.7mg (4.57%), Sodium: 1123.08mg (48.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.11%), Selenium: 41.31µg (59.01%), Vitamin C: 32.43mg (39.3%), Vitamin K: 37.45µg (35.67%), Manganese: 0.68mg (34.19%), Vitamin E: 2.56mg (17.07%), Phosphorus: 153.55mg (15.36%), Vitamin B6: 0.27mg (13.51%), Fiber: 3.34g (13.38%), Vitamin A: 651.75IU (13.03%), Copper: 0.25mg (12.6%), Magnesium: 45.54mg (11.38%), Vitamin B3: 2.02mg (10.12%), Potassium: 330.12mg (9.43%), Vitamin B1: 0.13mg (8.88%), Zinc: 1.31mg (8.75%), Iron: 1.37mg (7.63%), Folate: 25.13µg (6.28%), Vitamin B2: 0.1mg (5.76%), Vitamin B5: 0.57mg (5.68%), Calcium: 40.8mg (4.08%), Vitamin B12: 0.18µg (3.06%), Vitamin D: 0.18µg (1.22%)