



 7%
HEALTH SCORE

Rainbow Pasta Salad I

READY IN



85 min.

SERVINGS



8

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce olives black drained sliced canned
- 1 cup broccoli florets fresh
- 0.3 pound pepperoni sliced
- 16 ounce salad dressing italian-style
- 8 ounce mozzarella cheese shredded
- 16 ounce rotini pasta

Equipment

- bowl

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse twice in cold water.
- In a large bowl, combine cooked pasta, pepperoni, broccoli, olives, cheese and dressing.
- Refrigerate for at least 1 hour before serving.

Nutrition Facts

PROTEIN 12.81% **FAT 48.71%** **CARBS 38.48%**

Properties

Glycemic Index:16.13, Glycemic Load:17.38, Inflammation Score:-5, Nutrition Score:15.122173786163%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 537.62kcal (26.88%), Fat: 29.01g (44.64%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 51.56g (17.19%), Net Carbohydrates: 48.75g (17.73%), Sugar: 8.24g (9.15%), Cholesterol: 36.15mg (12.05%), Sodium: 1303.58mg (56.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Selenium: 46.37µg (66.25%), Vitamin K: 45.18µg (43.03%), Manganese: 0.65mg (32.71%), Phosphorus: 246.78mg (24.68%), Calcium: 181.54mg (18.15%), Vitamin E: 2.4mg (16.02%), Vitamin B12: 0.83µg (13.84%), Zinc: 2.07mg (13.79%), Vitamin C: 10.37mg (12.57%), Magnesium: 45.83mg (11.46%), Fiber: 2.81g (11.25%), Copper: 0.22mg (11.09%), Vitamin B6: 0.21mg (10.25%), Vitamin B2: 0.17mg (9.73%), Vitamin B3: 1.9mg (9.49%), Vitamin B1: 0.12mg (8.12%), Potassium: 279.33mg (7.98%), Iron: 1.38mg (7.69%), Vitamin A: 366.48IU (7.33%), Vitamin B5: 0.52mg (5.22%), Folate: 20.7µg (5.18%), Vitamin D: 0.3µg (1.98%)