



Rotini Salad with Kalamata Olive Dressing

READY IN



45 min.

SERVINGS



7

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups cherry tomatoes quartered
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup basil fresh sliced
- ☐ 3 garlic clove peeled sliced
- ☐ 0.3 pound haricots verts trimmed cut into 1-inch pieces
- ☐ 4 kalamata olives pitted sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 ounces mozzarella fresh diced

- ☐ 1 ounce pancetta chopped
- ☐ 1 bell pepper red
- ☐ 6 ounces rotini pasta uncooked (corkscrew pasta)
- ☐ 1 large shallots peeled cut into 1/2-inch pieces
- ☐ 1 tablespoon water
- ☐ 2.5 tablespoons balsamic vinegar white
- ☐ 0.5 bell pepper yellow

Equipment

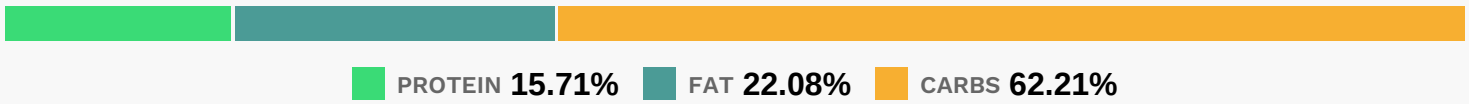
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut red bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place red and yellow pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and dice; place in a large bowl.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Add haricots verts to pasta during last 3 minutes of cooking time.
- ☐ Drain.

- ☐
- Add pasta mixture, tomatoes, and next 4 ingredients (through prosciutto) to peppers; toss well.
- ☐
- Heat a small saucepan over medium–low heat. Coat pan with cooking spray.
- ☐
- Add garlic and shallot to pan. Cook 15 minutes or until soft, stirring occasionally.
- ☐
- Place the garlic mixture, vinegar, and remaining ingredients in a blender; process until smooth.
- ☐
- Pour dressing over pasta mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:55.86, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:10.309565120417%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 156.59kcal (7.83%), Fat: 3.87g (5.95%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 22.35g (8.13%), Sugar: 3.92g (4.36%), Cholesterol: 7.47mg (2.49%), Sodium: 200.41mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Vitamin C: 47.61mg (57.71%), Selenium: 18µg (25.72%), Manganese: 0.39mg (19.7%), Vitamin A: 960.31IU (19.21%), Vitamin K: 16.18µg (15.41%), Phosphorus: 101.95mg (10.2%), Vitamin B6: 0.19mg (9.58%), Fiber: 2.16g (8.66%), Potassium: 256.04mg (7.32%), Magnesium: 28.16mg (7.04%), Copper: 0.14mg (6.97%), Folate: 26.88µg (6.72%), Iron: 1.05mg (5.81%), Calcium: 57.91mg (5.79%), Vitamin B3: 1.15mg (5.77%), Vitamin B1: 0.08mg (5.23%), Zinc: 0.76mg (5.09%), Vitamin B2: 0.08mg (4.69%), Vitamin E: 0.68mg (4.51%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.16µg (2.65%)