



Rotini, Summer Squash, and Prosciutto Salad with Rosemary Dressing

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 ounces mozzarella fresh chopped
- ☐ 0.5 teaspoon rosemary leaves fresh finely chopped
- ☐ 4 ounces pancetta thinly sliced chopped
- ☐ 3 tablespoons onion red chopped
- ☐ 3 cups rotini pasta uncooked (corkscrew pasta; 8 ounces)

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons balsamic vinegar white
- ☐ 1.5 cups to 3 sized squashes yellow coarsely chopped
- ☐ 1.5 cups zucchini coarsely chopped

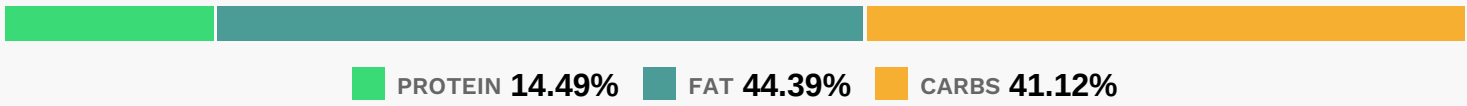
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Add squash and zucchini during the last minute of cooking.
- ☐ Drain pasta mixture; rinse under cold water.
- ☐ Heat a large nonstick skillet over medium-high heat until hot.
- ☐ Add prosciutto; cook 5 minutes or until crisp, stirring frequently.
- ☐ Combine the pasta mixture, prosciutto, onion, and cheese in a large bowl; sprinkle with salt and pepper.
- ☐ Combine white balsamic vinegar, olive oil, Dijon mustard, and rosemary in a small bowl, stirring with a whisk.
- ☐ Add vinegar mixture to pasta mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:14.9, Inflammation Score:-5, Nutrition Score:12.574347760366%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg,

Kaempferol: 0.05mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 384.83kcal (19.24%), Fat: 18.9g (29.08%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 39.39g (13.13%), Net Carbohydrates: 36.77g (13.37%), Sugar: 4.98g (5.54%), Cholesterol: 29.91mg (9.97%), Sodium: 452.02mg (19.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.76%), Selenium: 37.41µg (53.44%), Manganese: 0.62mg (31.04%), Phosphorus: 215.75mg (21.58%), Vitamin C: 16.09mg (19.51%), Vitamin B6: 0.32mg (16.17%), Magnesium: 48.5mg (12.12%), Potassium: 424.17mg (12.12%), Vitamin B3: 2.36mg (11.78%), Vitamin B2: 0.2mg (11.62%), Vitamin B1: 0.17mg (11.43%), Zinc: 1.69mg (11.25%), Fiber: 2.61g (10.45%), Calcium: 102.03mg (10.2%), Copper: 0.2mg (9.9%), Folate: 34.13µg (8.53%), Vitamin B12: 0.46µg (7.75%), Iron: 1.22mg (6.78%), Vitamin A: 286.59IU (5.73%), Vitamin K: 6.01µg (5.73%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.82mg (5.46%), Vitamin D: 0.17µg (1.13%)