



Simple Pasta Salad

READY IN



200 min.

SERVINGS



20

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olives black chopped
- 0.3 tsp pepper black
- 2 cups broccoli florets
- 1 cup free non-fat mozzarella cheese shredded kraft
- 0.8 cup dressing fat free italian kraft
- 0.5 cup onions red sliced
- 0.5 cup pasilla peppers red chopped
- 3 cups rotini pasta cooked
- 6 slices oscar mayer turkey smoked white chopped

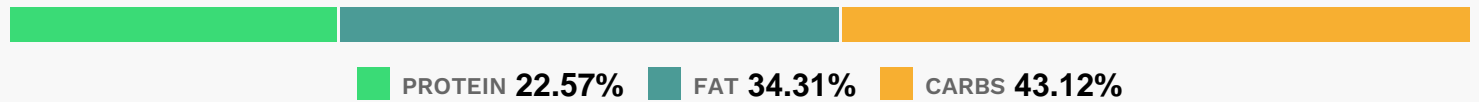
Equipment

bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:2.73, Inflammation Score:-3, Nutrition Score:4.2191304370113%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 74.04kcal (3.7%), Fat: 2.85g (4.38%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.13g (2.59%), Sugar: 1.64g (1.82%), Cholesterol: 4.31mg (1.44%), Sodium: 190.76mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Vitamin C: 13.22mg (16.02%), Vitamin K: 14.59µg (13.9%), Selenium: 7.16µg (10.22%), Phosphorus: 65.3mg (6.53%), Calcium: 64.5mg (6.45%), Manganese: 0.09mg (4.58%), Vitamin A: 219.72IU (4.39%), Vitamin B6: 0.08mg (3.95%), Fiber: 0.92g (3.68%), Vitamin E: 0.48mg (3.17%), Zinc: 0.45mg (3.03%), Vitamin B3: 0.55mg (2.73%), Folate: 10.43µg (2.61%), Vitamin B2: 0.04mg (2.6%), Magnesium: 9.79mg (2.45%), Iron: 0.42mg (2.31%), Potassium: 75.61mg (2.16%), Vitamin B12: 0.11µg (1.8%), Copper: 0.04mg (1.79%), Vitamin B1: 0.02mg (1.31%), Vitamin B5: 0.13mg (1.27%)