



## Smoked Gouda and Penne Pasta Salad



Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 cups arugula
- ☐ 1 garlic clove halved
- ☐ 0.5 pound gouda cheese smoked cut into 1/4-inch cubes
- ☐ 0.3 cup mayonnaise
- ☐ 7 ounce sun-dried tomatoes drained thinly sliced
- ☐ 1 pound penne pasta

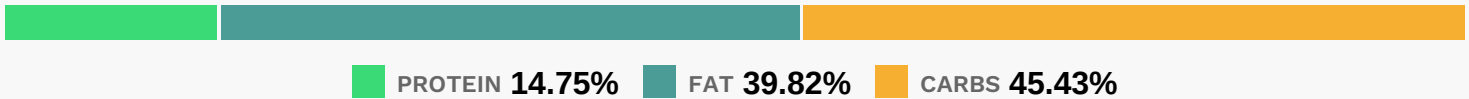
### Equipment

- ☐ bowl

# Directions

- ☐ Cook pasta in salted boiling water according to package directions.
- ☐ Drain and rinse with cold water.
- ☐ Rub a medium nonreactive bowl with garlic halves, and add next 4 ingredients and cooked pasta.
- ☐ Mix well, and chill 1 hour before serving.

# Nutrition Facts



# Properties

Glycemic Index:22.63, Glycemic Load:17.28, Inflammation Score:-6, Nutrition Score:15.44391299849%

# Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

# Nutrients (% of daily need)

Calories: 429.39kcal (21.47%), Fat: 19.13g (29.44%), Saturated Fat: 6.71g (41.95%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 45.77g (16.64%), Sugar: 2.3g (2.56%), Cholesterol: 36.24mg (12.08%), Sodium: 362.25mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.9%), Selenium: 40.97µg (58.53%), Manganese: 0.66mg (33.08%), Vitamin C: 26.12mg (31.66%), Phosphorus: 301.56mg (30.16%), Calcium: 231.44mg (23.14%), Vitamin K: 21.38µg (20.36%), Potassium: 570.77mg (16.31%), Magnesium: 60.9mg (15.23%), Copper: 0.3mg (14.9%), Zinc: 2.14mg (14.27%), Vitamin B2: 0.23mg (13.54%), Fiber: 3.34g (13.36%), Vitamin A: 603.36IU (12.07%), Vitamin B6: 0.19mg (9.57%), Vitamin B3: 1.9mg (9.5%), Iron: 1.57mg (8.72%), Vitamin B12: 0.45µg (7.46%), Vitamin B1: 0.11mg (7.42%), Folate: 27.19µg (6.8%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.46mg (3.06%), Vitamin D: 0.16µg (1.07%)