



Smoked Mozzarella Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce baby spinach ()
- ☐ 4.5 ounce chilis green drained chopped canned
- ☐ 1 garlic clove minced
- ☐ 6 ounce marinated artichoke
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 pound mozzarella cheese smoked cut into 1/2-inch cubes*
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup pinenuts toasted

- ☐ 7 ounce roasted peppers red drained cut into strips
- ☐ 8 ounce rotini pasta cooked
- ☐ 6 servings baby spinach

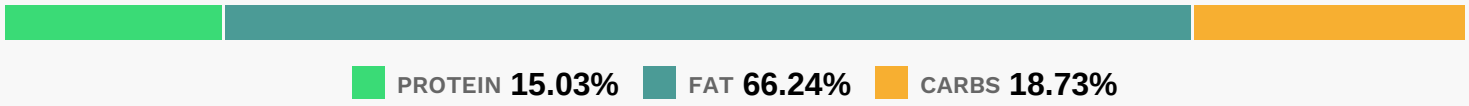
Equipment

- ☐ bowl

Directions

- ☐ Drain artichokes, reserving marinade.
- ☐ Cut artichokes into strips, and place in a large bowl.
- ☐ Add pasta and next 4 ingredients, and gently toss.
- ☐ Stir together reserved artichoke marinade, mayonnaise, and next 4 ingredients until blended.
- ☐ Add to pasta mixture, stirring to combine. Cover and chill.
- ☐ Garnish, if desired.
- ☐ *1/2 pound smoked Gouda or Cheddar cheese may be substituted for smoked mozzarella, if desired.

Nutrition Facts



Properties

Glycemic Index:41.92, Glycemic Load:5.92, Inflammation Score:-10, Nutrition Score:26.455217195594%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 428.09kcal (21.4%), Fat: 31.87g (49.03%), Saturated Fat: 9.13g (57.06%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 16.83g (6.12%), Sugar: 1.43g (1.59%), Cholesterol: 44.95mg (14.98%), Sodium: 1189.27mg (51.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.55%), Vitamin K: 293.76µg (279.77%), Vitamin A: 5852.98IU (117.06%), Manganese: 1.2mg (60.01%), Vitamin C: 43.87mg (53.18%), Calcium: 351.21mg

(35.12%), Folate: 129.49µg (32.37%), Selenium: 20.57µg (29.38%), Phosphorus: 281.09mg (28.11%), Magnesium: 78.85mg (19.71%), Iron: 3.27mg (18.15%), Vitamin B12: 1µg (16.61%), Vitamin B2: 0.28mg (16.36%), Zinc: 2.42mg (16.13%), Vitamin E: 2.36mg (15.77%), Fiber: 3.45g (13.79%), Potassium: 473.77mg (13.54%), Vitamin B6: 0.24mg (12.08%), Copper: 0.24mg (11.98%), Vitamin B1: 0.1mg (6.46%), Vitamin B3: 1.15mg (5.76%), Vitamin B5: 0.24mg (2.43%), Vitamin D: 0.23µg (1.53%)