Smoked Mozzarella Pasta Salad

READY IN	SERVINGS	CALORIES
45 min.	6	428 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 5 ounce baby spinach leaves ()
- [ ] 4.5 ounce chiles green drained chopped canned
- [ ] 1 garlic clove minced
- [ ] 6 ounce marinated artichoke hearts
- [ ] 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 bell peppers red drained cut into strips
- [ ] 8 ounce rotini pasta cooked
- [ ] 6 servings garnishes: tomato wedges

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

PROTEIN **15.03%** FAT **66.24%** CARBS **18.73%**

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: 0g (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%)