



Spicy Summer Pasta Salad

READY IN



25 min.

SERVINGS



12

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon parsley dried
- ☐ 2 bell peppers green chopped
- ☐ 0.3 cup olive oil
- ☐ 3 cups rotelle pasta
- ☐ 1 bell pepper red chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 1 cup mozzarella cheese shredded
- ☐ 5 large tomatoes chopped

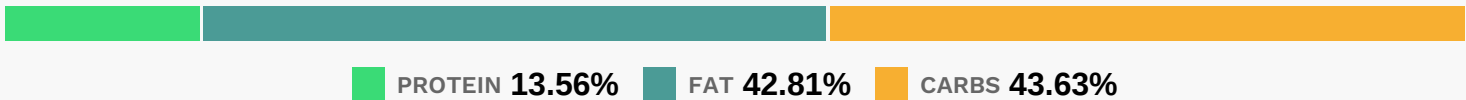
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large bowl, whisk together the olive oil, vinegar, chili powder and parsley.
- ☐ Add the peppers and tomatoes and stir to coat.
- ☐ Add the pasta and mozzarella and toss until evenly coated. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:5.52, Inflammation Score:-8, Nutrition Score:9.6221738794576%

Flavonoids

Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 148.36kcal (7.42%), Fat: 7.22g (11.11%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 14.15g (5.15%), Sugar: 3.48g (3.87%), Cholesterol: 7.37mg (2.46%), Sodium: 86.6mg (3.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Vitamin C: 39.07mg (47.36%), Vitamin A: 1474.15IU (29.48%), Selenium: 11.35µg (16.21%), Manganese: 0.29mg (14.39%), Vitamin E: 1.83mg (12.21%), Vitamin K: 12.41µg (11.81%), Fiber: 2.4g (9.61%), Vitamin B6: 0.19mg (9.33%), Phosphorus: 90.57mg (9.06%), Potassium: 304.11mg (8.69%), Calcium: 65.38mg (6.54%), Magnesium: 23.55mg (5.89%), Copper: 0.12mg (5.89%), Folate: 21.66µg (5.42%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.72mg (4.82%), Iron: 0.83mg (4.62%), Vitamin B2: 0.08mg

(4.5%), Vitamin B1: 0.06mg (4.29%), Vitamin B12: 0.21µg (3.55%), Vitamin B5: 0.21mg (2.08%)