



Summer Pasta Salad II

READY IN



45 min.

SERVINGS



10

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce artichoke hearts drained canned
- ☐ 2 ounce olives black sliced canned
- ☐ 0.3 cup broccoli fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 0.5 pound mozzarella cheese cut into strips
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 pound pepperoni cut into 4
- ☐ 1 bell pepper red chopped

- ☐ 1 small onion red chopped
- ☐ 1 pound rotini/corkscrew pasta
- ☐ 2 cups salad dressing italian-style divided
- ☐ 0.5 pound genoa salami cut into strips
- ☐ 10 servings salt and pepper to taste
- ☐ 1 tomatoes quartered
- ☐ 1 small zucchini sliced

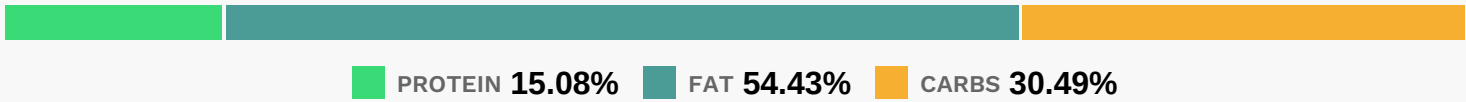
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.
- ☐ In a bowl combine cooked pasta, red pepper, zucchini, onion, olives, artichoke hearts, broccoli, salami, pepperoni and mozzarella cheese. Toss until well mixed.
- ☐ Pour on one cup of the dressing and mix well. Cool in the refrigerator until ready to serve.
- ☐ When ready to eat, toss with remaining one cup of dressing, Parmesan cheese, parsley, salt, pepper and garlic.
- ☐ Garnish with tomato wedges

Nutrition Facts



Properties

Glycemic Index:33.1, Glycemic Load:14.53, Inflammation Score:-7, Nutrition Score:19.241739003555%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 591.6kcal (29.58%), Fat: 35.51g (54.63%), Saturated Fat: 11.74g (73.36%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 42.06g (15.29%), Sugar: 8.32g (9.24%), Cholesterol: 60.01mg (20%), Sodium: 1875.03mg (81.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.27%), Selenium: 46.92µg (67.02%), Vitamin K: 45.8µg (43.62%), Manganese: 0.66mg (33.21%), Phosphorus: 293.01mg (29.3%), Vitamin C: 23.15mg (28.06%), Vitamin B12: 1.48µg (24.68%), Vitamin B1: 0.36mg (23.7%), Zinc: 3.08mg (20.53%), Vitamin B6: 0.4mg (19.93%), Vitamin B3: 3.56mg (17.78%), Calcium: 171.76mg (17.18%), Vitamin A: 794.13IU (15.88%), Vitamin B2: 0.26mg (15.51%), Vitamin E: 1.88mg (12.53%), Potassium: 426.47mg (12.18%), Magnesium: 48.44mg (12.11%), Copper: 0.23mg (11.52%), Fiber: 2.69g (10.77%), Iron: 1.67mg (9.28%), Vitamin B5: 0.85mg (8.49%), Folate: 26.51µg (6.63%), Vitamin D: 0.4µg (2.65%)