



Supreme Pizza Pasta Salad

READY IN



25 min.

SERVINGS



8

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings pepper black freshly ground
- 20 leaves basil fresh thinly sliced
- 1 teaspoon garlic salt
- 1 small bell pepper green seeded chopped
- 1 pound mozzarella cheese smoked fresh diced
- 0.3 cup olive oil extra-virgin
- 1 teaspoon oregano leaves dried italian
- 1 pound wagon wheel pasta cooled cold cooked drained
- 1 stick pepperoni cut into a small dice

- 2 plum tomatoes seeded chopped
- 0.5 medium onion red chopped
- 2 tablespoons red wine vinegar
- 1 tablespoon tomato paste
- 8 button mushrooms fresh white sliced

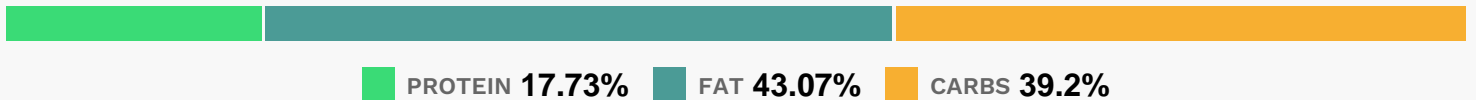
Equipment

- bowl
- whisk

Directions

- Combine tomatoes, onion, mushrooms, peppers, pepperoni, mozzarella, basil and pasta in a big bowl.
- Whisk garlic salt, oregano or Italian seasoning, tomato paste and vinegar together. Stream in extra-virgin olive oil while continuing to whisk dressing. When oil is incorporated, pour dressing over pasta salad, add a few grinds of black pepper to the bowl, then toss salad to coat evenly. Adjust your seasonings and serve salad. Leftovers make a great lunch or snack the next day!

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:17.99, Inflammation Score:-7, Nutrition Score:15.966956449592%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 475.98kcal (23.8%), Fat: 22.74g (34.98%), Saturated Fat: 8.91g (55.68%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 43.86g (15.95%), Sugar: 3.67g (4.08%), Cholesterol: 44.91mg (14.97%), Sodium: 670.3mg (29.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.11%), Selenium: 47.53µg (67.9%), Phosphorus: 336.03mg (33.6%), Manganese: 0.63mg (31.65%), Calcium: 310.78mg (31.08%), Vitamin B12: 1.3µg (21.71%), Zinc: 2.64mg (17.63%), Vitamin B2: 0.29mg (16.95%), Vitamin K: 15.86µg (15.1%), Vitamin C: 11.18mg (13.55%), Copper: 0.27mg (13.37%), Vitamin A: 648IU (12.96%), Magnesium: 49.17mg (12.29%), Vitamin E: 1.73mg (11.54%), Fiber: 2.71g (10.83%), Vitamin B3: 1.98mg (9.91%), Potassium: 326.49mg (9.33%), Vitamin B6: 0.17mg (8.66%), Iron: 1.45mg (8.04%), Vitamin B1: 0.1mg (6.73%), Vitamin B5: 0.67mg (6.66%), Folate: 23.84µg (5.96%), Vitamin D: 0.27µg (1.79%)