



The Ultimate Pasta Salad

READY IN



85 min.

SERVINGS



12

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounce olives black pitted drained sliced canned
- 1 head broccoli fresh cut into bite size pieces
- 1 head cauliflower fresh chopped
- 2 teaspoons garlic minced
- 12 servings seasoning italian to taste
- 8 ounce mozzarella cheese cut into cubes
- 0.5 cup olive oil to taste
- 8 ounces pepperoni cut into quarters
- 1 onion red chopped

- 0.5 cup red wine vinegar to taste
- 12 servings salt and pepper to taste
- 16 ounce rotini pasta uncooked

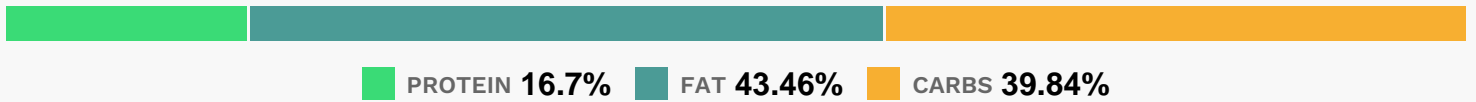
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.
- Transfer to a bowl, cover, and chill 1 hour in the refrigerator.
- Toss chilled pasta with the broccoli, cauliflower, red onion, garlic, pepperoni, mozzarella cheese, olives, olive oil, and red wine vinegar. Season with salt, pepper, and Italian seasoning. Chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:12.88, Inflammation Score:-7, Nutrition Score:20.353912882183%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 366.81kcal (18.34%), Fat: 17.89g (27.52%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 32.35g (11.76%), Sugar: 3.49g (3.88%), Cholesterol: 33.26mg (11.09%), Sodium: 866.93mg (37.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Vitamin C: 69.2mg (83.88%), Vitamin K: 68.22µg (64.97%), Selenium: 34.43µg (49.18%), Manganese: 0.72mg (36.03%), Phosphorus: 229mg

(22.9%), Folate: 72.86µg (18.21%), Fiber: 4.54g (18.18%), Vitamin B6: 0.34mg (16.9%), Calcium: 168.42mg (16.84%), Potassium: 491.7mg (14.05%), Vitamin B2: 0.22mg (13.06%), Zinc: 1.94mg (12.94%), Magnesium: 50.75mg (12.69%), Vitamin B3: 2.27mg (11.33%), Vitamin B12: 0.68µg (11.28%), Vitamin E: 1.69mg (11.27%), Vitamin B1: 0.16mg (10.72%), Iron: 1.92mg (10.66%), Vitamin B5: 1.05mg (10.5%), Vitamin A: 516.36IU (10.33%), Copper: 0.2mg (10.08%), Vitamin D: 0.32µg (2.14%)