



Three Pepper Pasta Salad

READY IN



25 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce olives black drained canned
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 teaspoon ground pepper black
- ☐ 8 ounces mozzarella cheese cubed
- ☐ 0.7 cup olive oil
- ☐ 1 orange bell pepper julienned
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 bell pepper red julienned
- ☐ 1.3 teaspoons salt

- ☐ 1 medium tomatoes fresh chopped
- ☐ 16 ounce tri-color pasta
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 1 bell pepper yellow julienned

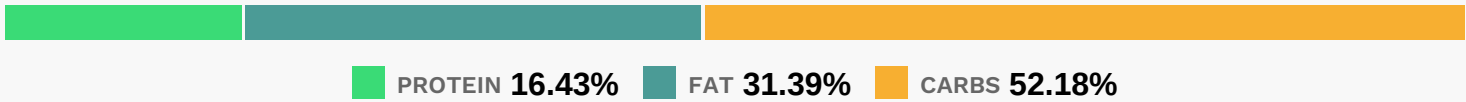
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender

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.
- ☐ In a blender or food processor, blend the olive oil, white wine vinegar, basil, Parmesan cheese, salt, and pepper until smooth.
- ☐ In a large bowl, toss together the cooked pasta, dressing mixture, red bell pepper, yellow bell pepper, orange bell pepper, tomato, and olives. Top with mozzarella cheese to serve.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:17.73, Inflammation Score:-8, Nutrition Score:16.41173892695%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 359.97kcal (18%), Fat: 12.52g (19.26%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 46.83g (15.61%),
Net Carbohydrates: 43.78g (15.92%), Sugar: 3.51g (3.9%), Cholesterol: 23.48mg (7.83%), Sodium: 693.59mg
(30.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.48%), Vitamin C: 67.65mg (81.99%),
Selenium: 41.24µg (58.92%), Manganese: 0.62mg (30.89%), Vitamin A: 1362.99IU (27.26%), Phosphorus: 231.73mg
(23.17%), Calcium: 177.73mg (17.77%), Fiber: 3.05g (12.19%), Zinc: 1.82mg (12.13%), Magnesium: 44.9mg (11.23%),
Vitamin B12: 0.66µg (11.05%), Vitamin B6: 0.22mg (10.98%), Copper: 0.21mg (10.58%), Vitamin E: 1.5mg (10.03%),
Vitamin B2: 0.15mg (8.93%), Vitamin K: 8.9µg (8.47%), Potassium: 289.73mg (8.28%), Folate: 32.88µg (8.22%),
Vitamin B3: 1.54mg (7.68%), Iron: 1.22mg (6.79%), Vitamin B1: 0.09mg (5.85%), Vitamin B5: 0.43mg (4.26%)