



## Tri-Pepper Pasta Salad

READY IN



20 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup avocado oil mayonnaise kraft
- 0.3 cup lite balsamic vinaigrette dressing kraft
- 2 cups shells whole wheat cooked
- 0.5 cup basil fresh coarsely chopped
- 0.5 cup parmesan cheese shredded kraft
- 1 and pepper green red yellow chopped
- 1 small onion red chopped

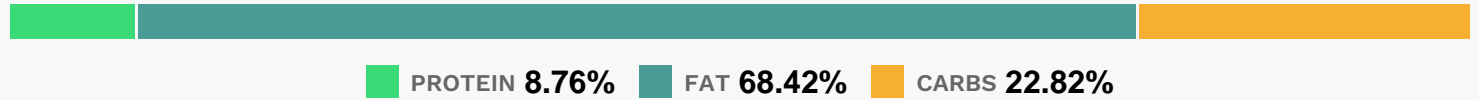
## Equipment

bowl

## Directions

- Mix mayo and dressing until blended.
- Combine remaining ingredients in large bowl.
- Add mayo mixture; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:28.63, Glycemic Load:4.52, Inflammation Score:-2, Nutrition Score:4.4530434848174%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 187.31kcal (9.37%), Fat: 14.51g (22.32%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.13g (3.32%), Sugar: 1.23g (1.36%), Cholesterol: 4.25mg (1.42%), Sodium: 190.24mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Manganese: 0.5mg (25.02%), Selenium: 9.9µg (14.15%), Calcium: 86.23mg (8.62%), Phosphorus: 77.32mg (7.73%), Fiber: 1.75g (7.01%), Vitamin K: 6.82µg (6.49%), Magnesium: 15.05mg (3.76%), Copper: 0.07mg (3.45%), Zinc: 0.47mg (3.15%), Vitamin B1: 0.04mg (2.97%), Iron: 0.48mg (2.69%), Vitamin A: 129.87IU (2.6%), Vitamin B6: 0.05mg (2.53%), Vitamin B2: 0.04mg (2.38%), Vitamin B5: 0.19mg (1.86%), Vitamin C: 1.29mg (1.56%), Folate: 5.72µg (1.43%), Vitamin B3: 0.28mg (1.39%), Potassium: 46.21mg (1.32%), Vitamin B12: 0.08µg (1.25%)