



## Wagon Wheel Pasta Salad

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup very broccoli florets
- 1 scant cup cherry tomatoes halved
- 3 tablespoons olive oil extra virgin
- 0.5 cup corn kernels fresh
- 1 small garlic clove minced
- 2 ounces thick- ham cut into small cubes
- 0.5 teaspoon kosher salt and pepper black freshly ground
- 2 ounces cheddar cheese shredded reduced-fat
- 1 tablespoon parsley chopped

- 6 ounces wagon wheel pasta
- 1 tablespoon red wine vinegar
- 2 scallions sliced

## Equipment

- bowl
- whisk
- pot
- colander

## Directions

- Bring a medium pot of water to a boil.
- Add the pasta and cook according to package directions. About 30 seconds before the pasta is done, add the broccoli florets and corn kernels. Cook for 30 seconds and then drain into a colander. Run cold water over the pasta to stop the cooking. Keep the pasta draining in the colander while you make the dressing.
- Whisk together the garlic, red wine vinegar, olive oil, 1/2 teaspoon salt, and a few grinds of black pepper.
- Add the well-drained pasta, broccoli, and corn to the bowl, along with the ham, cheese, tomatoes, parsley and scallions, if using. Toss together. Refrigerate in an airtight container for up to 5 days.

## Nutrition Facts



## Properties

Glycemic Index:50, Glycemic Load:13.26, Inflammation Score:-5, Nutrition Score:14.051739101825%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.43mg, Quercetin: 1.43mg,

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## **Nutrients (% of daily need)**

Calories: 338.38kcal (16.92%), Fat: 14.88g (22.89%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 35.4g (12.87%), Sugar: 2.99g (3.33%), Cholesterol: 11.77mg (3.92%), Sodium: 270.46mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.09%), Vitamin K: 59.07µg (56.26%), Selenium: 33µg (47.15%), Vitamin C: 25.21mg (30.55%), Manganese: 0.53mg (26.6%), Phosphorus: 216.29mg (21.63%), Vitamin E: 1.88mg (12.51%), Vitamin B1: 0.18mg (11.79%), Magnesium: 41.83mg (10.46%), Fiber: 2.61g (10.45%), Vitamin B6: 0.2mg (9.76%), Vitamin B3: 1.9mg (9.52%), Zinc: 1.42mg (9.44%), Folate: 37.56µg (9.39%), Calcium: 88.77mg (8.88%), Copper: 0.17mg (8.71%), Potassium: 304.81mg (8.71%), Vitamin B2: 0.13mg (7.81%), Vitamin A: 371.25IU (7.42%), Iron: 1.29mg (7.16%), Vitamin B5: 0.56mg (5.56%), Vitamin B12: 0.16µg (2.67%)