

Recipe Analyzer Results

A single serving of pasta salad has 1296 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 1

Amount per serving

Calories **1296**

% Daily Value*

Total Fat 104.1g **133%**

Saturated Fat 23.6g **118%**

Cholesterol 114mg **38%**

Sodium 1022mg **44%**

Total Carbohydrate 52.6g **19%**

Dietary Fiber 2.9g **10%**

Total Sugars 6.6g

Protein 42.7g

Vitamin D 0mcg 0%

Calcium 610mg 47%

Iron 3mg 17%

Potassium 409mg 9%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Ingredients:

- 100 grams past salt
- 20 grams basil
- 50 grams olive oil
- 10 grams cone
- 50 grams parmesiano
- 5 gr garlic
- 70 grams chicken baked
- 70 grams mayo
- 20 grams red peppers