



Asiago Cheese-Chickpea Pasta Salad

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7.8 oz the salad betty suddenly salad®
- 2 tablespoons sun-dried tomatoes finely chopped in oil (from 7-oz jar)
- 3 tablespoons sun-dried olives
- 0.3 cup water
- 0.3 teaspoon pepper black
- 0.3 teaspoon pepper red crushed
- 2 oz asiago cheese cut into 1/4-inch cubes (1/2 cup)
- 3 tablespoons parsley fresh chopped

- 2 tablespoons onion red finely chopped
- 1 plum tomatoes diced seeded (Roma)
- 6 basil fresh thinly sliced
- 15 oz garbanzo beans rinsed drained canned (garbanzo beans)

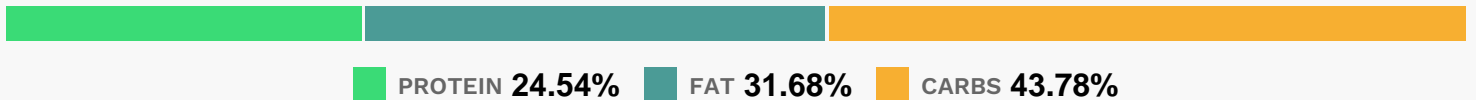
Equipment

- bowl
- sauce pan

Directions

- Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- Add Pasta. Gently boil, uncovered, 12 minutes, stirring occasionally; drain. Rinse with cold water to cool; drain well.
- Meanwhile, in large bowl, combine Seasoning mix from packet, sun-dried tomatoes and oil, water, black pepper and red pepper flakes.
- Add remaining ingredients; stir in cooked pasta. Refrigerate at least 1 hour to blend flavors.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:1.93, Inflammation Score:-5, Nutrition Score:6.9056521628214%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 76kcal (3.8%), Fat: 2.8g (4.31%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 6.31g (2.3%), Sugar: 0.87g (0.97%), Cholesterol: 3.86mg (1.29%), Sodium: 226.43mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Manganese: 0.44mg (22.22%), Vitamin K:

22.05µg (21%), Vitamin C: 11.38mg (13.79%), Vitamin B6: 0.25mg (12.41%), Vitamin A: 531.92IU (10.64%), Fiber: 2.41g (9.64%), Phosphorus: 94.52mg (9.45%), Calcium: 91.64mg (9.16%), Potassium: 228.58mg (6.53%), Copper: 0.12mg (6.12%), Folate: 24.18µg (6.04%), Magnesium: 23.55mg (5.89%), Iron: 1.04mg (5.78%), Zinc: 0.58mg (3.87%), Selenium: 2.41µg (3.44%), Vitamin B2: 0.06mg (3.44%), Vitamin B1: 0.04mg (2.7%), Vitamin B3: 0.5mg (2.49%), Vitamin B5: 0.24mg (2.39%), Vitamin B12: 0.07µg (1.13%)