



Do-Ahead Edamame Pasta Salad

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon seasoning italian
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon garlic powder
- ☐ 3 oz penne pasta uncooked
- ☐ 10 oz edamame green frozen shelled () (2 cups)

- ☐ 2 cups tomatoes coarsely chopped
- ☐ 1 cup cucumber coarsely chopped
- ☐ 1 cup bell pepper yellow coarsely chopped
- ☐ 3 oz cheddar cheese cut into 1/2-inch cubes (3/4 cup)

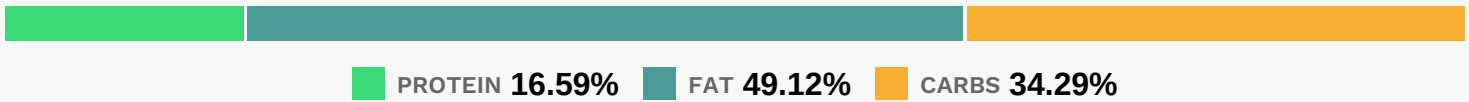
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, beat all dressing ingredients with wire whisk until well mixed.
- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Meanwhile, cook soybeans as directed on package. Rinse with cold water; drain.
- ☐ In large bowl, toss pasta, soybeans, remaining salad ingredients and dressing. Cover and refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:4.92, Inflammation Score:-6, Nutrition Score:10.677826293137%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 251.47kcal (12.57%), Fat: 13.82g (21.26%), Saturated Fat: 3.76g (23.49%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 18.18g (6.61%), Sugar: 3.33g (3.7%), Cholesterol: 14.17mg (4.72%), Sodium: 291.88mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin C: 53.14mg (64.41%), Selenium: 13.12µg (18.74%), Calcium: 159.52mg (15.95%), Fiber: 3.52g (14.06%), Potassium: 467.08mg (13.35%), Manganese: 0.27mg

(13.34%), Vitamin A: 627.51IU (12.55%), Vitamin K: 12.3µg (11.71%), Phosphorus: 116.18mg (11.62%), Iron: 2mg (11.13%), Vitamin E: 1.47mg (9.78%), Vitamin B6: 0.13mg (6.42%), Copper: 0.12mg (6.11%), Zinc: 0.9mg (6.01%), Magnesium: 23.99mg (6%), Folate: 23.4µg (5.85%), Vitamin B2: 0.09mg (5.55%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.26mg (2.64%), Vitamin B12: 0.15µg (2.5%)