



## Fusilli with Green Beans and Oregano

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups fusilli hot cooked uncooked 8 ounces pasta
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 pound cut green beans 2-inch
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons teaspoons oregano dried fresh chopped
- ☐ 1 ounce parmesan cheese fresh grated

☐ 0.5 teaspoon salt

## Equipment

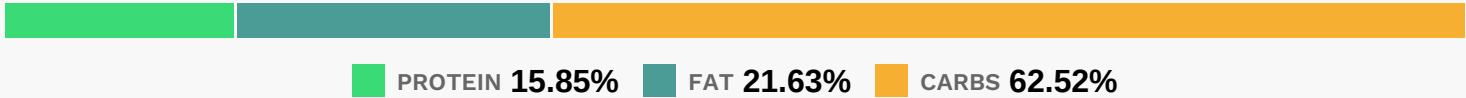
☐ bowl

☐ sauce pan

## Directions

- ☐ Bring 3 cups water to a boil in a large saucepan; add beans. Cook 4 minutes or until tender; drain.
- ☐ Combine the beans, pasta, and the next 7 ingredients (pasta though garlic) in a large bowl; toss well.
- ☐ Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:63.13, Glycemic Load:18.12, Inflammation Score:-10, Nutrition Score:17.481739173117%

## Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 276.71kcal (13.84%), Fat: 6.75g (10.38%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 38.56g (14.02%), Sugar: 3.03g (3.37%), Cholesterol: 4.82mg (1.61%), Sodium: 415.85mg (18.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.25%), Vitamin K: 191.24µg (182.14%), Selenium: 33.26µg (47.52%), Manganese: 0.69mg (34.41%), Vitamin A: 1246.28IU (24.93%), Vitamin C: 19.53mg (23.68%), Fiber: 5.33g (21.31%), Iron: 3.76mg (20.91%), Calcium: 174.52mg (17.45%), Phosphorus: 152.9mg (15.29%), Folate: 52.8µg (13.2%), Magnesium: 51.85mg (12.96%), Copper: 0.2mg (10.02%), Vitamin B6: 0.19mg (9.71%), Vitamin E: 1.41mg (9.37%), Potassium: 290.17mg (8.29%), Vitamin B2: 0.14mg (8.09%), Zinc: 1.14mg (7.58%), Vitamin B1: 0.09mg (6.14%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.36mg (3.6%), Vitamin B12: 0.09µg (1.42%)