



Garlic and Green Onion Pasta Salad

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



501 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounce bow tie pasta
- ☐ 0.8 cup butter
- ☐ 2 cloves garlic minced
- ☐ 3 green onions minced

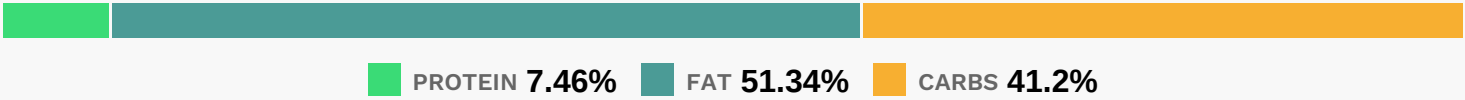
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐
- Bring a large pot of lightly salted water to a boil. Cook the bow tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes; drain.
- ☐
- Let cool and transfer to a large salad bowl.
- ☐
- Melt butter in a saucepan over low heat; cook and stir green onions and garlic until garlic is tender, 10 to 15 minutes. Stir butter mixture into the bow tie pasta and mix in parsley.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:20.65, Inflammation Score:-6, Nutrition Score:10.064347782861%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 500.65kcal (25.03%), Fat: 28.66g (44.09%), Saturated Fat: 17.69g (110.58%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 49.36g (17.95%), Sugar: 2.02g (2.24%), Cholesterol: 73.21mg (24.4%), Sodium: 224.38mg (9.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.74%), Selenium: 43.55µg (62.22%), Manganese: 0.66mg (32.78%), Vitamin A: 922.8IU (18.46%), Vitamin K: 17.38µg (16.55%), Phosphorus: 141.27mg (14.13%), Copper: 0.21mg (10.31%), Magnesium: 38.48mg (9.62%), Fiber: 2.39g (9.56%), Zinc: 1.03mg (6.88%), Vitamin B3: 1.22mg (6.09%), Vitamin E: 0.91mg (6.04%), Vitamin B6: 0.12mg (5.85%), Iron: 1.02mg (5.66%), Potassium: 184.58mg (5.27%), Vitamin B1: 0.07mg (4.62%), Folate: 17.91µg (4.48%), Vitamin B2: 0.06mg (3.5%), Vitamin B5: 0.34mg (3.43%), Calcium: 29.82mg (2.98%), Vitamin C: 1.73mg (2.09%)