



WHATSheATE



## Gemelli Salad with Green Beans, Pistachios, and Lemon-Thyme Vinaigrette

READY IN



30 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons thyme sprigs fresh divided
- ☐ 3 garlic clove crushed
- ☐ 8 ounces gemelli uncooked (short twisted tube pasta)
- ☐ 1 cup haricots verts () ( 4 ounces)
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons lemon zest divided grated
- ☐ 5 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.3 cup parmesan fresh shaved
- ☐ 0.5 cup pistachios shelled chopped
- ☐ 1 tablespoon shallots minced
- ☐ 2 tablespoons citrus champagne vinegar

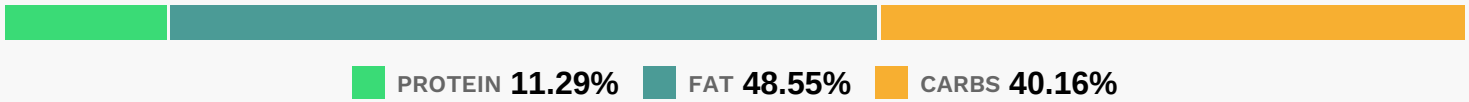
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Cook the pasta according to package directions, omitting salt and fat.
- ☐ Add haricots verts during the final 2 minutes of cooking.
- ☐ Drain and rinse pasta mixture under cold water; drain well.
- ☐ Place the pasta mixture, pistachios, 1 tablespoon thyme, and 1 tablespoon lemon rind in a large bowl; toss gently to combine.
- ☐ Combine remaining 1 tablespoon thyme, remaining 1 tablespoon lemon rind, shallots, Champagne or white wine vinegar, and garlic in a small bowl, stirring well with a whisk. Gradually add olive oil, stirring constantly with a whisk.
- ☐ Add salt and black pepper; stir with a whisk.
- ☐ Drizzle over pasta mixture, and toss gently to coat. Top each serving with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:67.5, Glycemic Load:18.62, Inflammation Score:-10, Nutrition Score:16.29130442894%

## Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg  
Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.13mg, Kaempferol: 0.13mg,  
Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin:  
0.07mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 504.8kcal (25.24%), Fat: 27.64g (42.52%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 51.43g (17.14%),  
Net Carbohydrates: 46.29g (16.83%), Sugar: 4g (4.45%), Cholesterol: 5.67mg (1.89%), Sodium: 431.57mg (18.76%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.93%), Selenium: 39.33µg (56.19%), Manganese:  
0.91mg (45.33%), Phosphorus: 260.79mg (26.08%), Vitamin B6: 0.44mg (22.14%), Vitamin K: 23.03µg (21.93%),  
Copper: 0.42mg (21.04%), Fiber: 5.14g (20.56%), Vitamin E: 3.08mg (20.53%), Vitamin C: 14.63mg (17.73%),  
Magnesium: 67.07mg (16.77%), Calcium: 162mg (16.2%), Vitamin B1: 0.22mg (14.69%), Iron: 2.55mg (14.18%),  
Potassium: 399.69mg (11.42%), Zinc: 1.55mg (10.31%), Vitamin A: 488.09IU (9.76%), Vitamin B2: 0.14mg (8.07%),  
Folate: 30.63µg (7.66%), Vitamin B3: 1.49mg (7.44%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.1µg (1.67%)