



Gemelli with Fresh Green and Yellow Beans

READY IN



85 min.

SERVINGS



18

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups cherry tomatoes halved
- 4 oz green beans fresh cut into 2-inch pieces (1 cup)
- 3 oz parmesan shaved
- 8 oz soup noodles uncooked
- 0.5 teaspoon salt
- 0.3 cup tarragon vinegar
- 0.3 cup vegetable oil
- 4 oz turtle beans fresh yellow cut into 2-inch pieces (1 cup)

Equipment

- bowl
- whisk

Directions

- Cook pasta as directed on package, adding green and yellow beans for last 5 minutes of cooking time; drain. Rinse with cold water to cool; drain well.
- In large bowl, mix pasta, beans and tomatoes.
- In small bowl, beat oil, vinegar and salt with wire whisk until well blended; stir into pasta mixture. Stir in 1/2 cup of the cheese. Cover; refrigerate at least 1 hour to blend flavors.
- Just before serving, stir salad; top with remaining 1/4 cup cheese and sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:12.28, Glycemic Load:4.04, Inflammation Score:-2, Nutrition Score:3.7291304378406%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 99.94kcal (5%), Fat: 4.48g (6.9%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 10.34g (3.76%), Sugar: 0.99g (1.1%), Cholesterol: 3.21mg (1.07%), Sodium: 143.7mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Selenium: 9.17µg (13.09%), Vitamin K: 8.88µg (8.46%), Manganese: 0.15mg (7.66%), Vitamin C: 5.87mg (7.11%), Phosphorus: 66.21mg (6.62%), Calcium: 65.95mg (6.6%), Magnesium: 13.61mg (3.4%), Folate: 13.13µg (3.28%), Vitamin A: 161.48IU (3.23%), Fiber: 0.79g (3.16%), Copper: 0.06mg (2.99%), Potassium: 95.45mg (2.73%), Vitamin E: 0.39mg (2.61%), Iron: 0.45mg (2.52%), Zinc: 0.37mg (2.48%), Vitamin B6: 0.04mg (2.21%), Vitamin B2: 0.03mg (1.97%), Vitamin B3: 0.36mg (1.81%), Vitamin B1: 0.02mg (1.62%), Vitamin B5: 0.11mg (1.12%)