



Greek Pasta Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

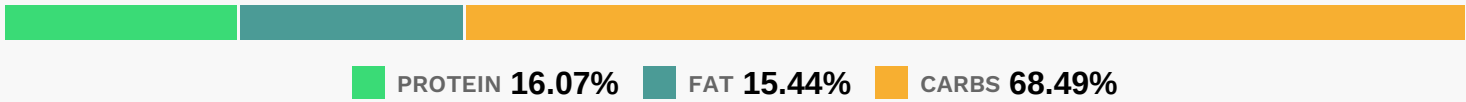
- ☐ 15 ounce cannellini beans drained and rinsed canned
- ☐ 0.5 cup olive oil reduced-fat
- ☐ 2 cups penne pasta
- ☐ 2 cups the of 1 cos lettuce shredded finely
- ☐ 1 large tomatoes chopped

Equipment

Directions

- ☐ Combine 1 (15-ounce) can cannellini beans, drained and rinsed and 1 large tomato, chopped; stir well.
- ☐ Add 2 cups cooked penne pasta, 1/2 cup reduced-fat olive oil vinaigrette, and 2 cups finely shredded romaine lettuce, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:15.17, Inflammation Score:-8, Nutrition Score:13.152173840481%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 259.87kcal (12.99%), Fat: 4.48g (6.89%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 44.72g (14.91%), Net Carbohydrates: 39.43g (14.34%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 8.64mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (20.99%), Manganese: 0.77mg (38.39%), Selenium: 24.9µg (35.57%), Vitamin A: 1617.24IU (32.34%), Vitamin K: 22.71µg (21.63%), Fiber: 5.29g (21.18%), Folate: 78.67µg (19.67%), Iron: 2.86mg (15.89%), Magnesium: 61.55mg (15.39%), Copper: 0.3mg (14.91%), Potassium: 516.01mg (14.74%), Phosphorus: 147.35mg (14.74%), Zinc: 1.41mg (9.4%), Vitamin E: 1.3mg (8.69%), Vitamin B1: 0.12mg (8.29%), Vitamin B6: 0.14mg (7.11%), Calcium: 67.85mg (6.79%), Vitamin C: 4.78mg (5.8%), Vitamin B3: 0.95mg (4.73%), Vitamin B2: 0.06mg (3.82%), Vitamin B5: 0.34mg (3.42%)