



Green-and-White Pasta Salad

 Vegetarian

READY IN



22 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces farfalle pasta uncooked (bow tie pasta)
- 0.3 cup curd cottage cheese fat-free
- 1.5 tablespoons flat-leaf parsley fresh chopped
- 0.3 teaspoon coarsely ground pepper black
- 0.3 teaspoon kosher salt
- 2 teaspoons juice of lemon
- 0.8 cup peas frozen thawed
- 3 tablespoons commercial pesto

- 1 cup snow peas (trimmed per pod)
- 0.3 cup heavy whipping cream (fat-free sour)
- 3 tablespoons water (hot)

Equipment

- food processor
- bowl
- colander

Directions

- Place the first 7 ingredients (through pepper) in a food processor; process until smooth.
- Place snow peas in a colander, and set colander in sink. Cook pasta according to package directions, omitting salt and fat (about 12 minutes).
- Drain over snow peas; rinse under cold water, and drain well.
- Combine pasta, snow peas, frozen peas, and pesto mixture in a large bowl, and toss to coat.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:37.58, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:11.589130411977%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 210.17kcal (10.51%), Fat: 4.82g (7.42%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 29.06g (10.57%), Sugar: 4.14g (4.6%), Cholesterol: 3.94mg (1.31%), Sodium: 353.11mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (17.99%), Vitamin K: 37.7µg (35.91%), Vitamin C: 28.54mg (34.59%), Selenium: 21.37µg (30.53%), Manganese: 0.45mg (22.72%), Vitamin A: 878.67IU (17.57%), Phosphorus: 151.19mg (15.12%), Fiber: 3.36g (13.45%), Folate: 39.67µg (9.92%), Vitamin B1: 0.15mg (9.91%), Magnesium: 35.1mg (8.77%), Vitamin B2: 0.15mg (8.58%), Calcium: 84.75mg (8.48%), Iron: 1.48mg (8.22%), Copper: 0.16mg (8.2%), Potassium: 241.66mg (6.9%), Vitamin B6: 0.14mg (6.76%), Zinc: 1.01mg (6.72%), Vitamin B3: 1.26mg (6.31%), Vitamin B5: 0.43mg (4.29%), Vitamin B12: 0.14µg (2.4%), Vitamin E: 0.18mg (1.2%)