



Green Bean-and-Tomato Pasta Salad

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 0.5 pound green beans fresh trimmed cut into 1 1/2-inch pieces
- ☐ 0.5 cup basil-honey-garlic vinaigrette
- ☐ 0.3 cup onion red chopped
- ☐ 16 oz rotini pasta

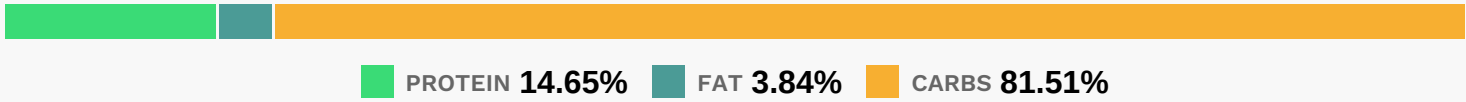
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Bring a large Dutch oven of salted water to a boil over medium-high heat.
- ☐ Add pasta, and cook 5 minutes.
- ☐ Add green beans, and cook 5 to 6 minutes or until pasta is tender but still firm to the bite and green beans are tender.
- ☐ Drain and rinse with cold water; place in a large bowl.
- ☐ Add tomatoes, vinaigrette, and onion, tossing to coat.
- ☐ Serve immediately, or cover and chill up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:23.59, Inflammation Score:-6, Nutrition Score:12.736956430518%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 299.79kcal (14.99%), Fat: 1.27g (1.96%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 60.76g (20.25%), Net Carbohydrates: 57g (20.73%), Sugar: 4.16g (4.62%), Cholesterol: 0mg (0%), Sodium: 9.88mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Selenium: 48.17µg (68.81%), Manganese: 0.83mg (41.63%), Vitamin K: 25.35µg (24.14%), Phosphorus: 167.25mg (16.73%), Fiber: 3.76g (15.04%), Copper: 0.27mg (13.67%), Vitamin C: 11.13mg (13.49%), Magnesium: 53.7mg (13.42%), Vitamin A: 487.88IU (9.76%), Vitamin B6: 0.19mg (9.57%), Potassium: 318.11mg (9.09%), Iron: 1.62mg (8.99%), Vitamin B3: 1.72mg (8.6%), Zinc: 1.22mg (8.13%), Folate: 31.94µg (7.98%), Vitamin B1: 0.11mg (7.45%), Vitamin B2: 0.09mg (5.5%), Vitamin B5: 0.46mg (4.55%), Calcium: 37.67mg (3.77%), Vitamin E: 0.39mg (2.63%)