



Green Bean and Whole-grain Penne Salad

READY IN



40 min.

SERVINGS



40

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 bacon thick crumbled cooked
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons flat parsley finely chopped
- ☐ 16 ounces rotini pasta
- ☐ 1.5 pounds green beans trimmed cut into 1 1/2-in. lengths
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 lb roquefort cheese
- ☐ 40 servings salt

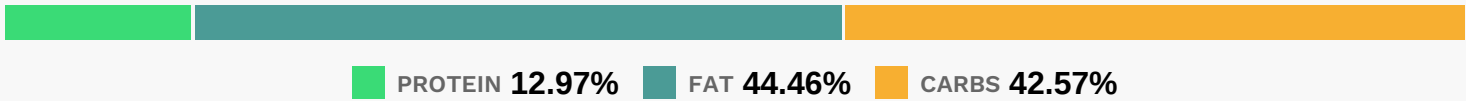
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Bring 2 large pots of salted water to a boil. Prepare a large bowl of ice and cold water. In one pot, boil green beans 3 minutes; drain and plunge in ice water to stop cooking. In the other, cook pasta until tender to the bite, 9 to 12 minutes or according to package directions.
- ☐ Drain and rinse thoroughly under cold water until completely cool (see Notes).
- ☐ In a food processor, pulse mayonnaise, Roquefort, and vinegar until well combined but still slightly chunky.
- ☐ In a large bowl, toss together pasta, green beans, Roquefort dressing, parsley, chives, bacon, and pepper until pasta is well coated. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:5.72, Glycemic Load:3.77, Inflammation Score:-2, Nutrition Score:3.5621739075236%

Flavonoids

Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 92.11kcal (4.61%), Fat: 4.56g (7.01%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 8.98g (3.26%), Sugar: 0.88g (0.97%), Cholesterol: 6.39mg (2.13%), Sodium: 300.09mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 16.85µg (16.05%), Selenium: 8.44µg (12.05%), Manganese: 0.15mg (7.34%), Phosphorus: 47.53mg (4.75%), Vitamin A: 185.19IU (3.7%), Calcium: 34.75mg (3.47%), Fiber: 0.84g (3.35%), Magnesium: 11.98mg (3%), Vitamin C: 2.48mg (3%), Vitamin B2: 0.05mg (2.93%), Vitamin B6: 0.05mg (2.63%), Folate: 10.11µg (2.53%), Copper: 0.05mg (2.42%), Vitamin B3: 0.46mg (2.3%), Vitamin

B1: 0.03mg (2.25%), Iron: 0.39mg (2.15%), Zinc: 0.32mg (2.13%), Potassium: 72.95mg (2.08%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.19mg (1.26%)