



WHATSheATE



Green Bean, Grape, and Pasta Toss



Dairy Free

READY IN



37 min.

SERVINGS



8

CALORIES



562 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices bacon
- ☐ 1 pound green beans fresh trimmed cut in half thin
- ☐ 1 cup mayonnaise
- ☐ 1 cup pecans chopped
- ☐ 8 oz penne pasta
- ☐ 2 cups grapes red seedless cut in half
- ☐ 0.3 cup onion diced red
- ☐ 0.3 cup red wine vinegar

- ☐ 1 teaspoon salt
- ☐ 8 servings salt to taste
- ☐ 0.3 cup sugar

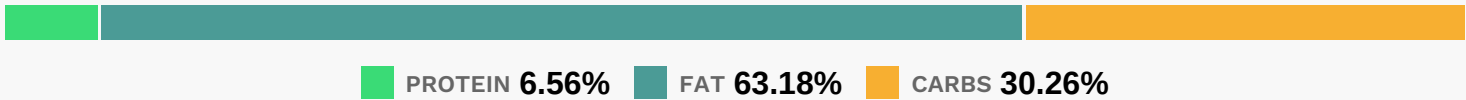
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Arrange pecans in a single layer on a baking sheet, and bake at 350 for 5 to 7 minutes or until lightly toasted and fragrant.
- ☐ Cook bacon in a large skillet over medium-high heat 5 to 7 minutes or until crisp; remove bacon, and drain on paper towels. Crumble bacon.
- ☐ Cook beans in boiling salted water to cover 5 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process.
- ☐ Meanwhile, prepare pasta according to package directions; drain.
- ☐ Whisk together mayonnaise and next 3 ingredients in a large bowl; add pecans, green beans, pasta, grapes, and onion, stirring to coat. Season with salt to taste. Cover and chill 3 hours; stir in bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:18.7, Inflammation Score:-6, Nutrition Score:15.280000072459%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 561.73kcal (28.09%), Fat: 40.13g (61.74%), Saturated Fat: 7.17g (44.83%), Carbohydrates: 43.24g (14.41%), Net Carbohydrates: 39.04g (14.2%), Sugar: 17.76g (19.73%), Cholesterol: 26.28mg (8.76%), Sodium: 814.92mg (35.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Vitamin K: 76.06µg (72.44%), Manganese: 1.04mg (52.08%), Selenium: 23.96µg (34.23%), Copper: 0.35mg (17.58%), Vitamin B1: 0.25mg (16.97%), Fiber: 4.2g (16.8%), Phosphorus: 160.71mg (16.07%), Magnesium: 52.33mg (13.08%), Vitamin B6: 0.25mg (12.5%), Vitamin C: 8.82mg (10.69%), Potassium: 373.86mg (10.68%), Vitamin E: 1.54mg (10.27%), Vitamin B3: 2.02mg (10.11%), Zinc: 1.5mg (9.98%), Iron: 1.65mg (9.16%), Vitamin A: 450.24IU (9%), Vitamin B2: 0.15mg (8.63%), Folate: 30.23µg (7.56%), Vitamin B5: 0.56mg (5.65%), Calcium: 46.1mg (4.61%), Vitamin B12: 0.14µg (2.39%)