



Green Bean Pasta Salad with Lemon-Thyme Vinaigrette

READY IN



30 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 1 garlic clove minced
- ☐ 0.5 pound haricots verts cut in half lengthwise (tiny green beans)
- ☐ 5 teaspoons lemon zest divided
- ☐ 5 tablespoons olive oil
- ☐ 12 ounces soup noodles uncooked

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup roasted salted finely chopped
- ☐ 6 servings parmesan salted
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon shallots minced

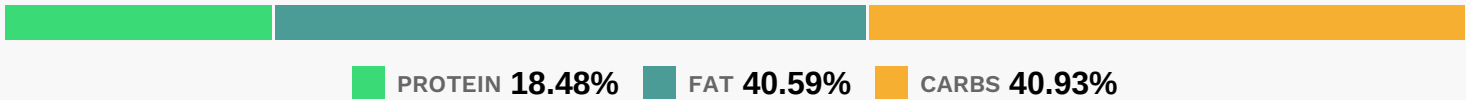
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, adding green beans to boiling water during last 2 minutes of cooking time; drain. Rinse pasta mixture with cold running water; drain well.
- ☐ Place pasta mixture, thyme, and 3 tsp. lemon zest in a large bowl; toss gently to combine.
- ☐ Whisk together pistachios, next 5 ingredients, and remaining 2 tsp. lemon zest in a small bowl.
- ☐ Add oil in a slow, steady stream, whisking constantly until blended.
- ☐ Drizzle over pasta mixture.
- ☐ Add arugula, and toss gently to coat.
- ☐ Serve with desired toppings.
- ☐ *Penne pasta may be substituted.

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:18.25, Inflammation Score:-9, Nutrition Score:16.507826069127%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 462.34kcal (23.12%), Fat: 20.82g (32.03%), Saturated Fat: 6.85g (42.78%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 43.88g (15.96%), Sugar: 3.3g (3.66%), Cholesterol: 26.61mg (8.87%), Sodium: 881.19mg (38.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.66%), Selenium: 45.67µg (65.24%), Calcium: 399.46mg (39.95%), Phosphorus: 358.37mg (35.84%), Manganese: 0.68mg (34.11%), Vitamin K: 29.59µg (28.18%), Magnesium: 60.7mg (15.18%), Fiber: 3.36g (13.44%), Vitamin A: 671.05IU (13.42%), Vitamin E: 2mg (13.36%), Zinc: 1.96mg (13.06%), Vitamin B6: 0.26mg (12.93%), Vitamin B2: 0.2mg (11.98%), Vitamin C: 9.69mg (11.75%), Copper: 0.22mg (11.15%), Iron: 1.85mg (10.29%), Vitamin B3: 1.94mg (9.7%), Vitamin B1: 0.14mg (9.56%), Potassium: 310.82mg (8.88%), Folate: 30.98µg (7.75%), Vitamin B12: 0.41µg (6.84%), Vitamin B5: 0.58mg (5.81%), Vitamin D: 0.19µg (1.26%)