



Green Goddess Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 tablespoons almonds sliced
- 1 pound asparagus trimmed cut into 2-inch pieces
- 6 cups baby arugula chopped
- 0.5 teaspoon pepper black freshly ground
- 12 ounces cheese ravioli mini
- 0.5 teaspoon coarse salt
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.3 cup parmesan
- 1 pound peas frozen thawed

Equipment

- bowl
- frying pan

Directions

- Cook pasta as package label directs; add asparagus and peas during last 2minutes.
- Drain well and let cool slightly.
- While pasta is cooking, place almonds in a small dry skillet over medium heat and cook, shaking pan often, until lightly toasted, 1 to 2 minutes.
- Transfer to a bowl to cool.
- Place pasta and vegetables in a large bowl and toss in cress, oil, salt and pepper. Top with almonds and cheese.

Nutrition Facts

 **PROTEIN 19.96%**  **FAT 34.37%**  **CARBS 45.67%**

Properties

Glycemic Index:36.06, Glycemic Load:12.07, Inflammation Score:-9, Nutrition Score:20.656521847067%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 5.3mg, Isorhamnetin: 5.3mg, Isorhamnetin: 5.3mg, Isorhamnetin: 5.3mg Kaempferol: 8.05mg, Kaempferol: 8.05mg, Kaempferol: 8.05mg, Kaempferol: 8.05mg Quercetin: 12.17mg, Quercetin: 12.17mg, Quercetin: 12.17mg, Quercetin: 12.17mg

Nutrients (% of daily need)

Calories: 336.49kcal (16.82%), Fat: 13.13g (20.2%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 30.75g (11.18%), Sugar: 7.5g (8.34%), Cholesterol: 33.45mg (11.15%), Sodium: 621.2mg (27.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Vitamin K: 73.75µg (70.23%), Iron: 9.19mg (51.06%), Vitamin C: 37.47mg (45.42%), Fiber: 8.51g (34.02%), Vitamin A: 1657.96IU (33.16%), Manganese: 0.63mg (31.52%), Folate: 110.37µg (27.59%), Vitamin B1: 0.33mg (22%), Phosphorus: 184.59mg (18.46%), Vitamin E: 2.67mg

(17.77%), Vitamin B2: 0.29mg (17.34%), Copper: 0.35mg (17.32%), Magnesium: 60.55mg (15.14%), Calcium: 144.05mg (14.4%), Potassium: 453.73mg (12.96%), Vitamin B3: 2.57mg (12.87%), Zinc: 1.71mg (11.42%), Vitamin B6: 0.22mg (11.11%), Selenium: 4.31µg (6.16%), Vitamin B5: 0.42mg (4.18%)