

## Green Shell Salad

READY IN



20 min.

SERVINGS



9

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup yogurt plain fat-free
- 0.5 cup basil fresh minced
- 0.5 cup parsley fresh minced
- 2 garlic clove peeled
- 3 spring onion sliced
- 2 teaspoons juice of lemon
- 0.5 cup mayonnaise reduced-fat
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated

- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 12 ounces shells

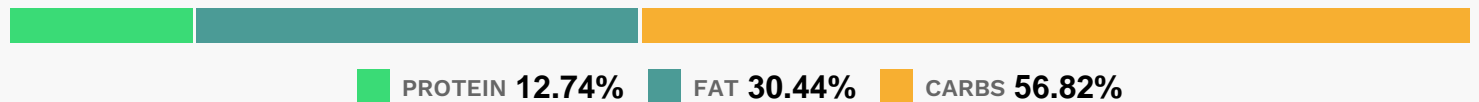
## Equipment

- food processor
- bowl
- blender

## Directions

- Cook pasta according to package directions; drain and rinse in cold water.
- Place in a serving bowl; set aside. In a blender or food processor, combine the next 10 ingredients; cover and process until smooth.
- Pour over pasta and toss to coat.
- Sprinkle with Parmesan cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:26.44, Glycemic Load:11.51, Inflammation Score:-5, Nutrition Score:10.131739299906%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 224.66kcal (11.23%), Fat: 7.56g (11.62%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 30.26g (11.01%), Sugar: 2.66g (2.96%), Cholesterol: 5.49mg (1.83%), Sodium: 312.42mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.23%), Vitamin K: 77.22µg (73.54%), Selenium: 26.13µg (37.33%), Manganese: 0.39mg (19.68%), Phosphorus: 123.47mg (12.35%), Vitamin A: 432.99IU (8.66%), Calcium: 79.86mg (7.99%), Vitamin C: 6.19mg (7.5%), Magnesium: 27.77mg (6.94%), Copper: 0.13mg (6.56%), Zinc: 0.91mg (6.03%), Fiber: 1.47g (5.88%), Vitamin E: 0.84mg (5.61%), Iron: 0.88mg (4.89%), Potassium: 167.36mg (4.78%), Folate: 17.94µg (4.48%), Vitamin B2: 0.08mg (4.46%), Vitamin B6: 0.08mg (4.03%), Vitamin B3: 0.75mg (3.73%), Vitamin B1: 0.05mg (3.31%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.13µg (2.22%)