



Lemon-Lime 3-Herb Pasta

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon cilantro leaves dried
- 1 tablespoon parsley dried
- 1 tablespoon sage dried
- 1 tablespoon juice of lemon
- 1 tablespoon juice of lime
- 8 ounce rotini pasta

Equipment

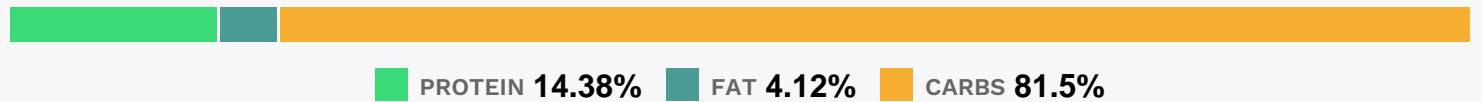
- bowl

pot

Directions

- Bring a pot of lightly salted water to a boil. Cook the rotini in the boiling water until cooked through yet firm to the bite, about 8 minutes.
- Remove 1/3 cup of the water from the pot and set aside.
- Drain the pasta.
- Combine the pasta and reserved water in a large bowl; stir the lemon juice, lime juice, parsley, cilantro, and sage through the pasta until evenly mixed.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:17.02, Inflammation Score:-4, Nutrition Score:8.608260932176%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 216.55kcal (10.83%), Fat: 0.98g (1.51%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 41.5g (15.09%), Sugar: 1.75g (1.95%), Cholesterol: 0mg (0%), Sodium: 6.88mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Selenium: 36.08µg (51.54%), Manganese: 0.62mg (30.88%), Vitamin K: 22.25µg (21.19%), Phosphorus: 113.03mg (11.3%), Magnesium: 38.19mg (9.55%), Copper: 0.18mg (9.1%), Fiber: 2.23g (8.91%), Vitamin C: 6.2mg (7.51%), Iron: 1.21mg (6.7%), Zinc: 0.88mg (5.86%), Vitamin B3: 1.1mg (5.52%), Vitamin B6: 0.1mg (5.23%), Potassium: 175.78mg (5.02%), Vitamin B1: 0.06mg (4.26%), Folate: 14.97µg (3.74%), Vitamin B2: 0.06mg (3.31%), Calcium: 32.85mg (3.28%), Vitamin B5: 0.26mg (2.59%), Vitamin A: 70.54IU (1.41%), Vitamin E: 0.16mg (1.09%)