



Lemony Orzo Two Bean Salad

READY IN



85 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

Ingredients

- 1 can cannellini beans rinsed drained (15)
- 2 oz feta cheese crumbled
- 2 tablespoons basil fresh chopped
- 1 clove garlic finely chopped
- 1.5 cups green beans frozen
- 3 tablespoons spring onion sliced (3 medium)
- 0.3 cup kalamata olives pitted halved
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil

- 6 oz soup noodles (rice-shaped uncooked)
- 0.1 teaspoon pepper
- 0.5 cup bell pepper red coarsely chopped
- 0.3 teaspoon salt

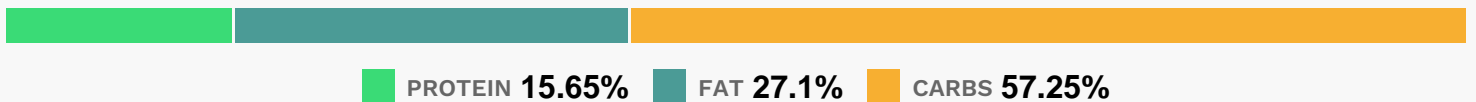
Equipment

- bowl

Directions

- Cook pasta as directed on package, adding green beans during last 5 to 7 minutes of cooking time. Cook until pasta and green beans are tender.
- Drain; rinse with cold water to cool.
- Drain well.
- In large bowl, mix cooked orzo and green beans and all remaining salad ingredients except feta cheese; stir gently. Cover; refrigerate at least 1 hour or until chilled.
- Meanwhile, in small jar with tight-fitting lid, shake all dressing ingredients until well mixed. Cover; refrigerate until serving time.
- Just before serving, pour dressing over salad; stir gently to coat. Top with feta cheese.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:13.13, Inflammation Score:-7, Nutrition Score:14.594347901966%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 281.12kcal (14.06%), Fat: 8.62g (13.25%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 35.15g (12.78%), Sugar: 2.69g (2.99%), Cholesterol: 8.41mg (2.8%), Sodium: 329.9mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.38%), Manganese: 0.74mg (37%), Selenium: 20.85µg (29.79%), Vitamin C: 22.99mg (27.87%), Vitamin K: 26.72µg (25.45%), Fiber: 5.8g (23.21%), Folate: 74.59µg (18.65%), Iron: 3.1mg (17.23%), Phosphorus: 168.9mg (16.89%), Magnesium: 65mg (16.25%), Copper: 0.29mg (14.66%), Potassium: 509.23mg (14.55%), Vitamin A: 713.67IU (14.27%), Vitamin E: 1.93mg (12.85%), Calcium: 125.88mg (12.59%), Vitamin B6: 0.23mg (11.25%), Zinc: 1.62mg (10.79%), Vitamin B2: 0.17mg (9.89%), Vitamin B1: 0.15mg (9.72%), Vitamin B3: 1.03mg (5.16%), Vitamin B5: 0.47mg (4.69%), Vitamin B12: 0.16µg (2.66%)