



Mexican Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8.5 oz kidney beans rinsed drained reduced-sodium canned
- 2 jalapeño chilies fresh
- 1 cup cilantro leaves fresh minced
- 6 green onions ends trimmed
- 2 tablespoons parmesan cheese grated
- 8 ounces rotelle pasta dried
- 0.5 lb bell pepper red
- 0.3 cup red wine vinegar
- 3 roma tomatoes ()

1 tablespoon salad oil

6 servings salt

Equipment

bowl

Directions

Cook pasta, uncovered, in 3 to 4 quarts boiling water until tender to bite, about 12 minutes.

Drain, then rinse with cold water until cool; drain well.

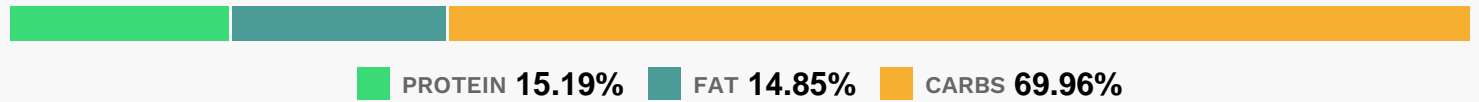
While pasta cooks, chop the green onions and Roma tomatoes. Stem, seed, and mince jalapeos. Stem, seed, and cut the bell pepper into thin, short slivers.

In a large bowl, combine the pasta, onions, tomatoes, jalapeos, bell pepper, cilantro, and beans.

Add the vinegar, oil, and cheese; mix well.

Transfer to a serving platter. If desired, add salt to taste.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:14.81, Inflammation Score:-9, Nutrition Score:17.388260963008%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 228.16kcal (11.41%), Fat: 3.79g (5.84%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 35.08g (12.76%), Sugar: 5.25g (5.84%), Cholesterol: 1.45mg (0.48%), Sodium: 336.39mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Vitamin C: 77.53mg (93.98%), Vitamin K: 42.88µg (40.84%), Vitamin A: 1898.53IU (37.97%), Selenium: 25.12µg (35.89%), Manganese: 0.61mg (30.31%), Fiber: 5.12g (20.46%), Phosphorus: 154.81mg (15.48%), Vitamin B6: 0.31mg (15.46%), Folate: 52.17µg (13.04%), Potassium:

444.24mg (12.69%), Magnesium: 47.56mg (11.89%), Copper: 0.23mg (11.51%), Vitamin E: 1.47mg (9.78%), Iron: 1.67mg (9.29%), Vitamin B1: 0.13mg (8.54%), Vitamin B3: 1.68mg (8.38%), Zinc: 1.1mg (7.36%), Vitamin B2: 0.12mg (7.07%), Calcium: 53.31mg (5.33%), Vitamin B5: 0.42mg (4.22%)