



WHATSheATE



Minestrone Pasta Salad

READY IN



21 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

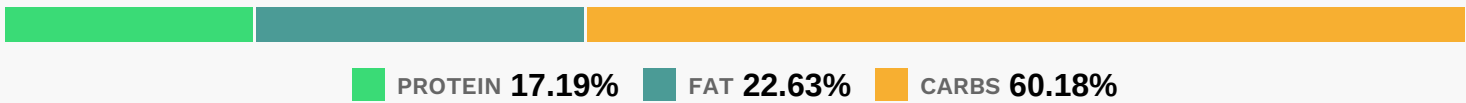
- ☐ 7.5 ounces shells uncooked
- ☐ 0.7 cup salad dressing italian
- ☐ 0.5 cup parmesan shredded
- ☐ 1 cup carrots sliced
- ☐ 1 cup bell pepper green chopped
- ☐ 19 oz beans red rinsed drained canned
- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 14.5 ounces canned tomatoes diced italian-style drained canned

Equipment

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Toss pasta and remaining ingredients.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:19.91, Inflammation Score:-10, Nutrition Score:24.037826171388%

Flavonoids

Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 397.53kcal (19.88%), Fat: 10.19g (15.67%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 49.62g (18.04%), Sugar: 10.12g (11.24%), Cholesterol: 5.67mg (1.89%), Sodium: 927.66mg (40.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.83%), Vitamin A: 3888.24IU (77.76%), Manganese: 1.36mg (68.09%), Fiber: 11.33g (45.33%), Selenium: 27.63µg (39.47%), Vitamin C: 28.42mg (34.45%), Vitamin B6: 0.67mg (33.48%), Phosphorus: 314.94mg (31.49%), Vitamin K: 26.76µg (25.49%), Copper: 0.5mg (25.09%), Magnesium: 88.57mg (22.14%), Potassium: 756.56mg (21.62%), Iron: 3.63mg (20.17%), Calcium: 193.16mg (19.32%), Folate: 63.46µg (15.87%), Vitamin B1: 0.24mg (15.85%), Zinc: 2.06mg (13.74%), Vitamin B3: 2.36mg (11.8%), Vitamin E: 1.74mg (11.57%), Vitamin B2: 0.17mg (10.27%), Vitamin B5: 0.79mg (7.92%), Vitamin B12: 0.1µg (1.67%)