



Minestrone Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus trimmed cut into 1-inch pieces
- 12 ounces baby potatoes red
- 15.5 ounce cannellini beans drained and rinsed canned ()
- 8 ounces green beans cut in half
- 0.5 cup basil pesto
- 6 ounce roasted peppers sliced into strips
- 8 servings salt and pepper to taste
- 1 pound .5 oz. macaroni (or any short pasta you choose)

Equipment

- bowl
- baking sheet
- sauce pan
- pot
- sieve

Directions

- Place 12 ounces fingerling or baby red potatoes in a medium saucepan and cover with cold water. Bring to a boil and cook until the potatoes are tender when pierced with a fork, about 10 minutes.
- Spread them out on a baking sheet to cool, then slice the potatoes into 1/2-inch coins.
- Bring a large pot of water to a boil and add 1 teaspoon salt. Prepare a bowl of ice water.
- Add 8 ounces green beans, cut in half, and 1 pound asparagus, trimmed and cut into 1-inch pieces so they're about the size of the pasta you're using, and blanch the vegetables just until they're bright green, 1 to 2 minutes. Scoop the vegetables out of the hot water with a spider or a strainer, rinse them with cold water, and submerge them in the ice water until completely cool, then drain, pat dry, and set aside.
- Add 1 pound gemelli or tubetti (or any short pasta you choose) to the boiling water and cook until al dente.
- Drain the pasta and put it in a large bowl to cool a bit.
- Toss in the potatoes, asparagus, green beans, 1/2 cup pesto, one 15 1/2-ounce can cannellini beans (drained and rinsed), one 6-ounce jar roasted peppers, sliced into strips, and salt and pepper to taste. If preparing ahead of time, combine all of the ingredients 1 to 2 hours before serving.
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Nutrition Facts



■ PROTEIN 15.18% ■ FAT 15.99% ■ CARBS 68.83%

Properties

Glycemic Index:24.09, Glycemic Load:9.11, Inflammation Score:-8, Nutrition Score:20.131304284801%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 389.65kcal (19.48%), Fat: 6.98g (10.74%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 67.66g (22.55%), Net Carbohydrates: 59.81g (21.75%), Sugar: 4.49g (4.99%), Cholesterol: 1.24mg (0.41%), Sodium: 641.33mg (27.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.84%), Selenium: 38.38µg (54.83%), Manganese: 1.05mg (52.66%), Vitamin K: 38.23µg (36.41%), Fiber: 7.85g (31.38%), Vitamin C: 24.9mg (30.18%), Iron: 4.48mg (24.88%), Copper: 0.49mg (24.59%), Folate: 94.95µg (23.74%), Phosphorus: 225.89mg (22.59%), Potassium: 760.27mg (21.72%), Magnesium: 85.21mg (21.3%), Vitamin A: 1048.15IU (20.96%), Vitamin B6: 0.38mg (18.83%), Vitamin B1: 0.25mg (16.49%), Zinc: 1.95mg (13.01%), Vitamin B3: 2.35mg (11.77%), Calcium: 115mg (11.5%), Vitamin B2: 0.18mg (10.81%), Vitamin E: 1.26mg (8.38%), Vitamin B5: 0.7mg (6.99%)