



Minestrone Salad

READY IN



20 min.

SERVINGS



12

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 oz farfalle pasta uncooked (farfalle)
- 15 oz beans red rinsed drained canned
- 3.5 oz pepperoni sliced
- 4 plum tomatoes italian coarsely chopped
- 0.5 cup bell pepper green chopped
- 0.3 cup parsley fresh chopped
- 1 oz parmesan fresh shredded
- 1 serving pepper black freshly ground
- 8 oz salad dressing italian ()

Equipment

bowl

Directions

- Cook pasta to desired doneness as directed on package.
- Drain; rinse with cold water to cool.
- In large bowl, combine cooked pasta and all remaining ingredients; mix well.
- Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



PROTEIN 14.18% **FAT 34.64%** **CARBS 51.18%**

Properties

Glycemic Index:21.75, Glycemic Load:10.56, Inflammation Score:-4, Nutrition Score:9.2986955253974%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 235.61kcal (11.78%), Fat: 9.04g (13.91%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 26.88g (9.77%), Sugar: 4.18g (4.64%), Cholesterol: 9.63mg (3.21%), Sodium: 450.51mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Vitamin K: 35.19µg (33.51%), Selenium: 21.62µg (30.88%), Manganese: 0.45mg (22.64%), Phosphorus: 130.38mg (13.04%), Fiber: 3.18g (12.73%), Vitamin C: 9.84mg (11.93%), Copper: 0.16mg (8.21%), Magnesium: 32.66mg (8.17%), Potassium: 262.94mg (7.51%), Vitamin B6: 0.14mg (7.22%), Vitamin B1: 0.1mg (6.83%), Vitamin A: 325.72IU (6.51%), Zinc: 0.96mg (6.37%), Iron: 1.15mg (6.36%), Vitamin B3: 1.27mg (6.35%), Calcium: 52.68mg (5.27%), Folate: 20.52µg (5.13%), Vitamin E: 0.69mg (4.58%), Vitamin B2: 0.08mg (4.51%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.14µg (2.26%)