



Minestrone Salad

READY IN



20 min.

SERVINGS



12

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

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 34.61%** **CARBS 51.21%**

Properties

Glycemic Index:21.75, Glycemic Load:10.57, Inflammation Score:-4, Nutrition Score:9.348260840644%

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: 235.84kcal (11.79%), Fat: 9.05g (13.92%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 26.91g (9.79%), Sugar: 4.18g (4.64%), Cholesterol: 9.63mg (3.21%), Sodium: 450.52mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Vitamin K: 35.34µg (33.66%), Selenium: 21.62µg (30.89%), Manganese: 0.46mg (23.23%), Phosphorus: 130.52mg (13.05%), Fiber: 3.21g (12.82%), Vitamin C: 9.84mg (11.93%), Copper: 0.17mg (8.27%), Magnesium: 32.82mg (8.2%), Potassium: 264.16mg (7.55%), Vitamin B6: 0.14mg (7.23%), Vitamin B1: 0.1mg (6.84%), Vitamin A: 326.23IU (6.52%), Iron: 1.15mg (6.41%), Zinc: 0.96mg (6.38%), Vitamin B3: 1.27mg (6.35%), Calcium: 53.09mg (5.31%), Folate: 20.53µg (5.13%), Vitamin E: 0.69mg (4.58%), Vitamin B2: 0.08mg (4.52%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.14µg (2.26%)