



Minestrone-Style Pasta Salad

READY IN



195 min.

SERVINGS



15

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 19 oz kidney beans rinsed canned
- 2 green onions chopped
- 2 pasilla peppers green chopped
- 1 cup wagon wheel pasta cooked drained
- 0.5 cup cheddar cheese shredded kraft
- 0.5 cup viva dressing italian kraft
- 3 tomatoes seeded chopped

Equipment

bowl

Directions

- Combine first 5 ingredients in large bowl.
- Add dressing; toss to coat.
- Refrigerate several hours or until chilled.
- Sprinkle with cheese just before serving; mix lightly.

Nutrition Facts

 **PROTEIN 16.72%**  **FAT 32.67%**  **CARBS 50.61%**

Properties

Glycemic Index:13.4, Glycemic Load:3.33, Inflammation Score:-4, Nutrition Score:5.3217390918213%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 86.21kcal (4.31%), Fat: 3.2g (4.93%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 8.52g (3.1%), Sugar: 2.69g (2.99%), Cholesterol: 3.77mg (1.26%), Sodium: 196.55mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 16.75mg (20.3%), Vitamin K: 12.38µg (11.79%), Fiber: 2.64g (10.55%), Manganese: 0.19mg (9.7%), Phosphorus: 73.72mg (7.37%), Vitamin A: 320.14IU (6.4%), Selenium: 4.16µg (5.94%), Potassium: 202.25mg (5.78%), Vitamin B6: 0.1mg (4.91%), Magnesium: 18.91mg (4.73%), Copper: 0.09mg (4.67%), Calcium: 44.1mg (4.41%), Folate: 17.15µg (4.29%), Vitamin B1: 0.06mg (4.22%), Iron: 0.67mg (3.73%), Zinc: 0.49mg (3.28%), Vitamin B2: 0.05mg (3.15%), Vitamin E: 0.41mg (2.74%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.12mg (1.18%)