



Pasta with Corn, Beans, and Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces feta cheese crumbled
- ☐ 3 cups corn kernels fresh 6 ears
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 6 tablespoons parsley fresh divided chopped
- ☐ 1 cup cut green beans 1-inch
- ☐ 0.8 cup green onions chopped
- ☐ 6 lime wedges

- ☐ 1 tablespoon olive oil
- ☐ 8 ounces seashell pasta uncooked
- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 1.5 cups bell pepper red finely chopped
- ☐ 0.5 teaspoon salt

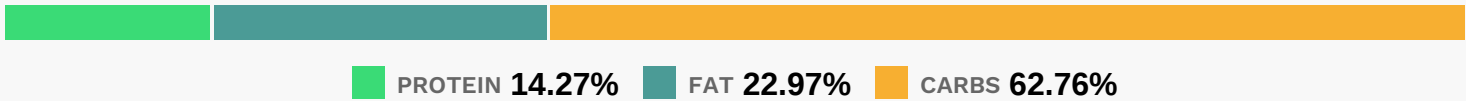
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta in boiling water 10 minutes.
- ☐ Add green beans; cook 3 minutes.
- ☐ Drain well.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add corn, bell pepper, and onions; saut 8 minutes.
- ☐ Add tomato, 1/4 cup parsley, mint, dill, salt, and black pepper.
- ☐ Remove from heat. Stir in pasta mixture and cheese, and sprinkle with 2 tablespoons parsley.
- ☐ Serve with a lime wedge.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:13.46, Inflammation Score:-9, Nutrition Score:24.195217236229%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 7.91mg, Hesperetin: 7.91mg, Hesperetin: 7.91mg, Hesperetin: 7.91mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

0.36mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 308.01kcal (15.4%), Fat: 8.29g (12.75%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 45.41g (16.51%), Sugar: 9.38g (10.42%), Cholesterol: 16.82mg (5.61%), Sodium: 432.17mg (18.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.16%), Vitamin K: 106.54µg (101.47%), Vitamin C: 73.74mg (89.39%), Vitamin A: 2383.58IU (47.67%), Selenium: 27.46µg (39.23%), Manganese: 0.66mg (32.79%), Phosphorus: 237.35mg (23.74%), Folate: 89.94µg (22.48%), Fiber: 5.53g (22.11%), Vitamin B6: 0.39mg (19.43%), Vitamin B2: 0.3mg (17.8%), Magnesium: 70.94mg (17.73%), Potassium: 588.66mg (16.82%), Vitamin B1: 0.24mg (16.16%), Vitamin B3: 3.03mg (15.16%), Calcium: 141.06mg (14.11%), Iron: 2.1mg (11.66%), Zinc: 1.75mg (11.65%), Copper: 0.23mg (11.58%), Vitamin B5: 1.13mg (11.31%), Vitamin E: 1.48mg (9.85%), Vitamin B12: 0.32µg (5.32%)