



Rainbows and Butterflies Pasta Salad

READY IN



20 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces bow tie pasta whole
- ☐ 0.5 cup carrots shredded
- ☐ 1 cup corn kernels frozen thawed
- ☐ 1 cup edamame frozen shelled thawed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 ounce parmesan cheese grated
- ☐ 1 medium bell pepper diced red
- ☐ 4 servings salt

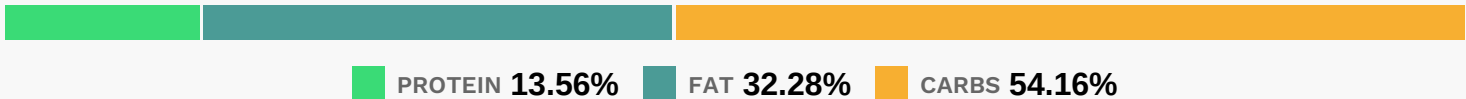
Equipment

☐ bowl

Directions

- ☐ Cook the pasta as the label directs.
- ☐ Drain and toss with 1 teaspoon olive oil to prevent sticking; let cool.
- ☐ In a large bowl, toss the cooled pasta with the corn, edamame, bell pepper and carrots.
- ☐ Drizzle with the remaining 3 tablespoons olive oil and toss to coat.
- ☐ Add the parmesan and 1/4 teaspoon salt; toss again and season to taste.
- ☐ Photograph by Hallie Burton

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:17.9, Inflammation Score:-10, Nutrition Score:16.947391369421%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 419.78kcal (20.99%), Fat: 15.2g (23.39%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 57.4g (19.13%), Net Carbohydrates: 52.2g (18.98%), Sugar: 6.35g (7.05%), Cholesterol: 6.17mg (2.06%), Sodium: 417.71mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.37g (28.75%), Vitamin A: 3684.19IU (73.68%), Selenium: 38.61µg (55.15%), Vitamin C: 39.68mg (48.1%), Manganese: 0.63mg (31.47%), Fiber: 5.21g (20.82%), Phosphorus: 184.29mg (18.43%), Vitamin E: 2.22mg (14.82%), Potassium: 474.72mg (13.56%), Iron: 2.12mg (11.75%), Calcium: 113.88mg (11.39%), Magnesium: 43.36mg (10.84%), Folate: 42.53µg (10.63%), Vitamin B6: 0.21mg (10.5%), Copper: 0.19mg (9.63%), Vitamin K: 10.07µg (9.59%), Vitamin B3: 1.83mg (9.14%), Zinc: 1.35mg (9.01%), Vitamin B2: 0.13mg (7.62%), Vitamin B1: 0.09mg (6.32%), Vitamin B5: 0.55mg (5.51%), Vitamin B12: 0.1µg (1.59%)