



HEALTH SCORE

66%

Rotini-Vegetable Salad with Pesto Dressing



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves packed
- ☐ 15 ounce cannellini beans beans white rinsed drained canned
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 3 cups rotini cooked uncooked (2 cups corkscrew pasta)
- ☐ 1 large garlic clove peeled
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 1.5 cups zucchini diced

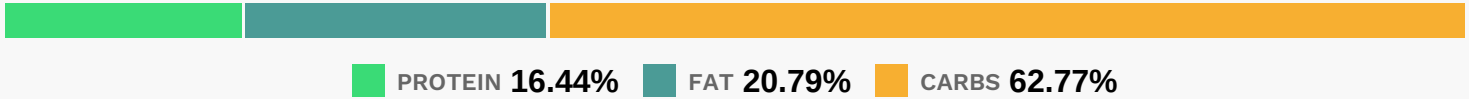
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Drop garlic through food chute with food processor on; process until minced.
- ☐ Add basil, cheese, salt, and pepper; process until finely minced. With food processor on, slowly pour water and oil through food chute; process until well-blended.
- ☐ Combine rotini, zucchini, tomatoes, and beans in a large bowl; toss well.
- ☐ Add pesto mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:19.21, Inflammation Score:-8, Nutrition Score:19.543913098133%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 380.6kcal (19.03%), Fat: 8.89g (13.68%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 60.39g (20.13%), Net Carbohydrates: 52.85g (19.22%), Sugar: 4.11g (4.57%), Cholesterol: 1.7mg (0.57%), Sodium: 204.18mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.65%), Manganese: 1.2mg (59.97%), Selenium: 31.21µg (44.58%), Vitamin K: 36.07µg (34.35%), Fiber: 7.54g (30.17%), Vitamin C: 22.38mg (27.12%), Iron: 4.59mg (25.51%), Folate: 99.92µg (24.98%), Potassium: 850.94mg (24.31%), Magnesium: 96.89mg (24.22%), Phosphorus: 237.16mg (23.72%), Copper: 0.47mg (23.62%), Vitamin E: 2.32mg (15.48%), Zinc: 2.18mg (14.54%), Calcium: 143.16mg (14.32%),

Vitamin B6: 0.28mg (14.24%), Vitamin A: 703.01IU (14.06%), Vitamin B1: 0.19mg (12.55%), Vitamin B2: 0.14mg (8.01%), Vitamin B3: 1.46mg (7.3%), Vitamin B5: 0.59mg (5.88%)