



## Santa Barbara Pasta Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4.5 ounce chiles green chopped canned
- 3 cups orecchiette cooked uncooked
- 0.3 cup cilantro leaves fresh minced
- 1 cup corn kernels fresh ( 3 ears)
- 16 ounce baby lima beans frozen
- 2 tablespoons olive oil extra-virgin
- 1 cup onion finely chopped
- 1.5 cups bell pepper diced red

- 0.8 teaspoon salt
- 1 cup tomatillos chopped ( 4 large)
- 2 tablespoons citrus champagne vinegar

## Equipment

- bowl

## Directions

- Cook beans in boiling water 18 minutes or until beans are tender.
- Drain well.
- Combine beans and remaining ingredients in a large bowl.
- Serve at room temperature or chilled.

## Nutrition Facts



## Properties

Glycemic Index:13.95, Glycemic Load:5.77, Inflammation Score:-7, Nutrition Score:10.430000056391%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

## Nutrients (% of daily need)

Calories: 174.73kcal (8.74%), Fat: 3.79g (5.83%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 24.74g (9%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 253.39mg (11.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin C: 40.61mg (49.22%), Manganese: 0.53mg (26.49%), Fiber: 4.89g (19.58%), Vitamin A: 880.05IU (17.6%), Selenium: 10.91µg (15.59%), Potassium: 384.6mg (10.99%), Iron: 1.97mg (10.93%), Folate: 42.82µg (10.7%), Vitamin B6: 0.21mg (10.59%), Magnesium: 42.33mg (10.58%), Phosphorus: 98.8mg (9.88%), Vitamin B1: 0.11mg (7.22%), Vitamin B3: 1.43mg (7.17%), Copper: 0.12mg (6.23%), Vitamin E: 0.86mg (5.7%), Vitamin K: 5.87µg (5.6%), Vitamin B2: 0.08mg (4.82%), Zinc: 0.67mg (4.44%), Vitamin B5: 0.35mg (3.54%), Calcium: 30.16mg (3.02%)