



Southwestern Pasta Toss

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 1 cup kernel corn whole frozen thawed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 8 ounce rotini uncooked (corkscrew pasta)

☐ 1.8 cups santa fe salsa

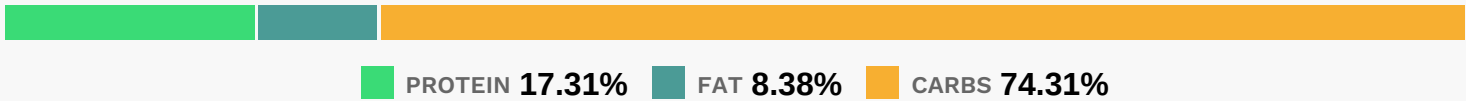
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Place pasta in a serving bowl.
- ☐ Add Santa Fe Salsa, and toss gently. Set aside.
- ☐ Coat a medium nonstick skillet with cooking spray; add oil.
- ☐ Place over medium heat until hot.
- ☐ Add garlic and cumin, and saute 30seconds. Stir in corn and beans. Cook, stirring constantly, untilthoroughly heated.
- ☐ Add corn mixture, cilantro, cheese, and lime juice to pasta mixture, and toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:17.1, Inflammation Score:-7, Nutrition Score:18.45043464912%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 390.42kcal (19.52%), Fat: 3.68g (5.67%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 73.51g (24.5%), Net Carbohydrates: 62.23g (22.63%), Sugar: 5.93g (6.59%), Cholesterol: 2.17mg (0.73%), Sodium: 1263.81mg (54.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Selenium: 39.25µg (56.07%),

Manganese: 0.95mg (47.26%), Fiber: 11.28g (45.13%), Phosphorus: 293mg (29.3%), Potassium: 812.54mg (23.22%), Copper: 0.46mg (23.11%), Folate: 91.67µg (22.92%), Magnesium: 90.98mg (22.75%), Iron: 3.53mg (19.63%), Vitamin B6: 0.35mg (17.73%), Vitamin B1: 0.25mg (16.71%), Vitamin B3: 3.22mg (16.12%), Vitamin A: 644.47IU (12.89%), Vitamin B2: 0.22mg (12.71%), Zinc: 1.84mg (12.29%), Vitamin E: 1.65mg (10.99%), Calcium: 108.71mg (10.87%), Vitamin C: 7.32mg (8.87%), Vitamin K: 8.63µg (8.22%), Vitamin B5: 0.69mg (6.93%)