



 **81%**  
HEALTH SCORE

## Superfood pasta salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 300 g wholewheat penne
- 250 g soya beans frozen
- 250 g green beans trimmed halved
- 1 tsp sesame oil
- 1 tbsp soya sauce (most mainstream brands are vegan-friendly)
- 1 small knob root ginger fresh grated
- 1 juice of lime
- 50 g alfalfa

- 2 carrots grated
- 1 small bunch coriander roughly chopped

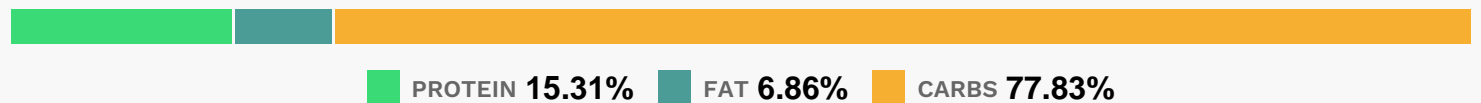
## Equipment

- bowl
- whisk
- colander

## Directions

- Boil the pasta, adding the soya beans and green beans 3 mins before the end of cooking.
- Drain, tip into a colander, then cool quickly under running water.
- Whisk together the oil, soy sauce, ginger and lime juice in a large bowl, then tip in the pasta, cooked beans, sprouts, carrots and coriander. Toss together, then serve.

## Nutrition Facts



## Properties

Glycemic Index:55.21, Glycemic Load:25.59, Inflammation Score:-10, Nutrition Score:21.875217251156%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 350.68kcal (17.53%), Fat: 2.7g (4.16%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 68.98g (22.99%), Net Carbohydrates: 62.74g (22.81%), Sugar: 5.74g (6.37%), Cholesterol: 0mg (0%), Sodium: 286.27mg (12.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Vitamin A: 5684.67IU (113.69%), Selenium: 47.94µg (68.49%), Manganese: 0.92mg (46.14%), Vitamin K: 41.19µg (39.23%), Vitamin C: 26.38mg (31.97%), Folate: 109.75µg (27.44%), Fiber: 6.24g (24.97%), Phosphorus: 216.62mg (21.66%), Magnesium: 82.31mg (20.58%), Copper: 0.35mg (17.51%), Potassium: 567mg (16.2%), Iron: 2.67mg (14.83%), Vitamin B6: 0.26mg (12.81%), Vitamin B3: 2.31mg (11.53%), Zinc: 1.68mg (11.21%), Vitamin B1: 0.15mg (10.29%), Vitamin B2: 0.15mg (9.1%), Calcium: 84.39mg (8.44%),

Vitamin B5: 0.66mg (6.56%), Vitamin E: 0.63mg (4.17%)