



WHATSheATE



Three-Bean Pasta Salad



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 19 oz cannellini beans rinsed drained canned
- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 15 oz kidney beans rinsed drained canned
- ☐ 1 cup bell pepper green chopped
- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 teaspoon hot sauce red
- ☐ 0.5 cup onion red chopped
- ☐ 0.8 cup dressing french

☐ 1.5 cups tomatoes coarsely chopped

Equipment

☐ bowl

☐ sauce pan

Directions

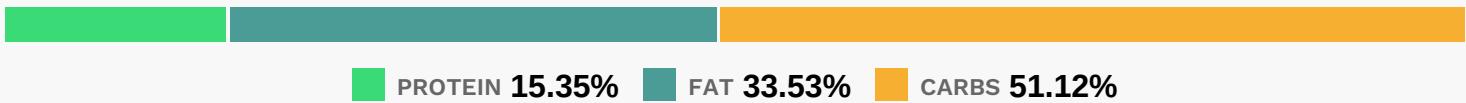
☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.

☐ Drain pasta; rinse with cold water. Shake to drain well.

☐ In large bowl, stir together seasoning mix, dressing and pepper sauce. Stir in pasta and remaining ingredients.

☐ Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:6.84, Inflammation Score:-6, Nutrition Score:12.271739086379%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 222.39kcal (11.12%), Fat: 8.55g (13.15%), Saturated Fat: 1.32g (8.24%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 21.51g (7.82%), Sugar: 5.5g (6.11%), Cholesterol: 0mg (0%), Sodium: 359.68mg (15.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Manganese: 0.81mg (40.35%), Fiber: 7.82g (31.29%), Vitamin K: 28.9µg (27.52%), Vitamin C: 16.09mg (19.51%), Vitamin B6: 0.34mg (17.23%), Iron: 2.86mg (15.87%), Folate: 63.26µg (15.81%), Potassium: 527.71mg (15.08%), Magnesium: 57.78mg (14.44%), Phosphorus: 143.47mg (14.35%), Copper: 0.28mg (14.12%), Vitamin E: 1.55mg (10.33%), Vitamin B1: 0.14mg (9.2%), Zinc: 1.25mg (8.36%), Calcium: 77.21mg (7.72%), Vitamin A: 335.78IU (6.72%), Vitamin B2: 0.08mg (4.55%), Vitamin B5: 0.33mg (3.27%), Selenium:

2.22µg (3.17%), Vitamin B3: 0.58mg (2.92%)