



WHATSheATE



HEALTH SCORE

62%

Yogurt Pesto Pasta Salad



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



594 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 lb asparagus fresh trimmed cut into 1-inch pieces
- ☐ 4 servings pepper black
- ☐ 16 oz rotini pasta
- ☐ 2 cups grape tomatoes halved
- ☐ 12 oz yogurt plain yoplait® (from 2-lb container)
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons basil pesto

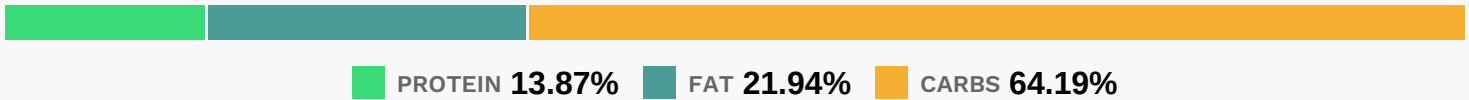
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook pasta as directed on package. Two minutes before pasta is done, add asparagus to saucepan.
- ☐ When pasta is al dente, drain. Immediately rinse pasta with cold water; transfer to large serving bowl. Stir in oil.
- ☐ In medium bowl, stir together yogurt and pesto paste. Season with pepper.
- ☐ Stir dressing and tomatoes into pasta.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:36.05, Inflammation Score:-9, Nutrition Score:24.682173990685%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg, Quercetin: 12.32mg

Nutrients (% of daily need)

Calories: 594.16kcal (29.71%), Fat: 14.51g (22.32%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 95.5g (31.83%), Net Carbohydrates: 89.05g (32.38%), Sugar: 10.79g (11.99%), Cholesterol: 11.66mg (3.89%), Sodium: 121.64mg (5.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.64g (41.27%), Selenium: 75.5µg (107.86%), Manganese: 1.28mg (63.77%), Vitamin K: 45.93µg (43.74%), Phosphorus: 357.38mg (35.74%), Vitamin A: 1499.5IU (29.99%), Copper: 0.54mg (27.07%), Fiber: 6.45g (25.82%), Magnesium: 90.58mg (22.64%), Potassium: 734.47mg (20.98%), Folate: 81.78µg (20.45%), Iron: 3.63mg (20.17%), Vitamin B2: 0.32mg (19%), Vitamin C: 15.39mg (18.66%), Vitamin B1: 0.28mg (18.4%), Zinc: 2.69mg (17.92%), Vitamin E: 2.55mg (16.99%), Calcium: 167.17mg (16.72%), Vitamin B3: 3.27mg (16.34%), Vitamin B6: 0.33mg (16.28%), Vitamin B5: 1.12mg (11.2%), Vitamin B12: 0.31µg (5.24%)