



Angel Hair with Feta and Sun-Dried Tomatoes

READY IN



30 min.

SERVINGS



8

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce angel hair pasta
- 8 ounce tomato basil feta cheese crumbled
- 1 bunch cilantro leaves fresh chopped
- 4 cloves garlic crushed
- 0.3 cup olive oil
- 1 cup parmesan cheese grated
- 8 servings salt and pepper to taste
- 3 ounces sun-dried tomatoes softened chopped

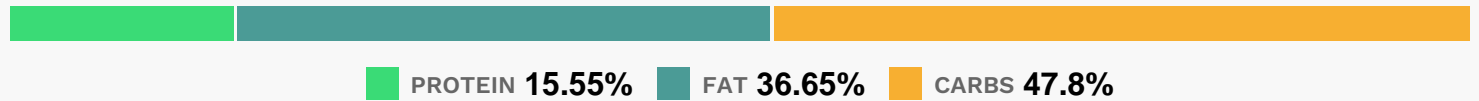
Equipment

pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water until done; drain. Return pasta to the pot.
- Mix in olive oil, garlic, tomatoes, feta, and Parmesan cheese. Stir in cilantro and season with salt and pepper.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:18.85, Inflammation Score:-5, Nutrition Score:15.986521632775%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 427.67kcal (21.38%), Fat: 17.53g (26.97%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 51.45g (17.15%), Net Carbohydrates: 48.27g (17.55%), Sugar: 5.54g (6.16%), Cholesterol: 36.11mg (12.04%), Sodium: 751.35mg (32.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.47%), Selenium: 45.27µg (64.67%), Manganese: 0.76mg (38.23%), Phosphorus: 322.57mg (32.26%), Calcium: 277.44mg (27.74%), Vitamin B2: 0.37mg (21.86%), Copper: 0.34mg (16.79%), Zinc: 2.39mg (15.94%), Potassium: 542.99mg (15.51%), Magnesium: 61.08mg (15.27%), Vitamin B6: 0.27mg (13.31%), Fiber: 3.18g (12.73%), Vitamin K: 12.54µg (11.94%), Iron: 2.03mg (11.26%), Vitamin B3: 2.24mg (11.19%), Vitamin B12: 0.65µg (10.8%), Vitamin B1: 0.16mg (10.52%), Vitamin B5: 0.8mg (7.96%), Vitamin E: 1.18mg (7.84%), Vitamin A: 388.29IU (7.77%), Folate: 27.92µg (6.98%), Vitamin C: 4.91mg (5.95%), Vitamin D: 0.18µg (1.17%)