



 **16%**
HEALTH SCORE

Awesome Bow Tie Pasta

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



348 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinegar
- 16 ounce farfalle pasta
- 0.3 cup olive oil extra virgin
- 6 ounce feta cheese crumbled
- 2 spring onion chopped
- 2 cups tomatoes fresh chopped

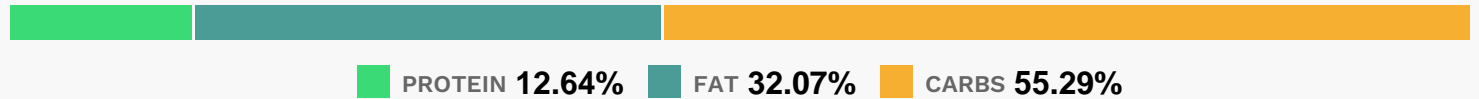
Equipment

- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and place in ice water until cool.
- Toss pasta with onion, feta, balsamic, olive oil and tomato.
- Serve immediately or chill 1 to 2 hours in refrigerator.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:19.03, Inflammation Score:-5, Nutrition Score:11.397826166257%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 348.06kcal (17.4%), Fat: 12.26g (18.86%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 45.21g (16.44%), Sugar: 4.95g (5.5%), Cholesterol: 18.92mg (6.31%), Sodium: 251.93mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.75%), Selenium: 39.04µg (55.77%), Manganese: 0.59mg (29.7%), Phosphorus: 191.89mg (19.19%), Vitamin B2: 0.22mg (13.11%), Vitamin K: 13.66µg (13.01%), Calcium: 126.98mg (12.7%), Magnesium: 40.7mg (10.18%), Vitamin B6: 0.2mg (10.11%), Zinc: 1.5mg (10%), Copper: 0.2mg (9.96%), Fiber: 2.34g (9.36%), Vitamin A: 429.93IU (8.6%), Vitamin E: 1.29mg (8.6%), Potassium: 254.1mg (7.26%), Vitamin B3: 1.41mg (7.06%), Vitamin C: 5.67mg (6.87%), Vitamin B1: 0.1mg (6.61%), Iron: 1.17mg (6.52%), Folate: 24.52µg (6.13%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.49mg (4.85%)