



## Barilla® Farfalle with Giardiniera, Cherry Tomatoes and Shredded Mozzarella

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pint cherry tomatoes halved
- 16 ounce barilla farfalle
- 2 tablespoons olive oil extra-virgin divided
- 6 servings salt and pepper black to taste
- 1 cup mozzarella cheese shredded

### Equipment

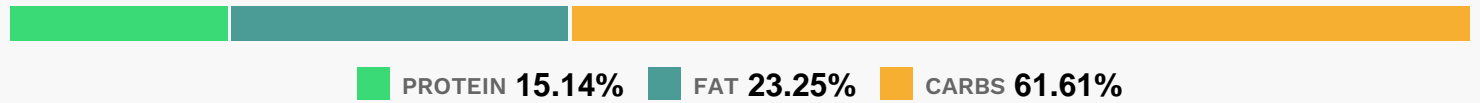
- bowl

pot

## Directions

- Bring a large pot of water to a boil and cook the pasta one minute less than required, drain and toss with 1 tbsp of olive oil and place on sheet tray to cool down.
- In a large bowl combine the pasta, giardiniera, cherry tomatoes and remaining olive oil; season with salt and pepper then stir to combine. Before serving combine with the shredded mozzarella.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:22.8, Inflammation Score:-6, Nutrition Score:13.552608697311%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 391.92kcal (19.6%), Fat: 10.07g (15.49%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 57.05g (20.75%), Sugar: 4.17g (4.64%), Cholesterol: 14.75mg (4.92%), Sodium: 324.13mg (14.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.49%), Selenium: 51.35µg (73.35%), Manganese: 0.78mg (39.11%), Phosphorus: 231.04mg (23.1%), Vitamin C: 17.98mg (21.79%), Copper: 0.28mg (13.99%), Magnesium: 50.9mg (12.73%), Calcium: 118.98mg (11.9%), Fiber: 2.97g (11.88%), Zinc: 1.72mg (11.48%), Vitamin A: 511.83IU (10.24%), Potassium: 354.78mg (10.14%), Iron: 1.63mg (9.05%), Vitamin B6: 0.18mg (8.83%), Vitamin B3: 1.72mg (8.62%), Vitamin E: 1.23mg (8.22%), Vitamin B12: 0.43µg (7.09%), Vitamin B1: 0.1mg (6.8%), Vitamin B2: 0.12mg (6.8%), Folate: 25.17µg (6.29%), Vitamin K: 5.52µg (5.26%), Vitamin B5: 0.45mg (4.54%)