



Bell Pepper-Feta Pasta Toss

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups cherry tomatoes quartered
- 4 ounce feta cheese with basil and sun-dried tomatoes crumbled
- 0.8 cup parsley fresh finely chopped
- 6 ounces pasta uncooked
- 0.3 teaspoon salt
- 1 large bell pepper red yellow seeded cut into 1/8-inch strips
- 2.3 ounce or ripe drained sliced canned

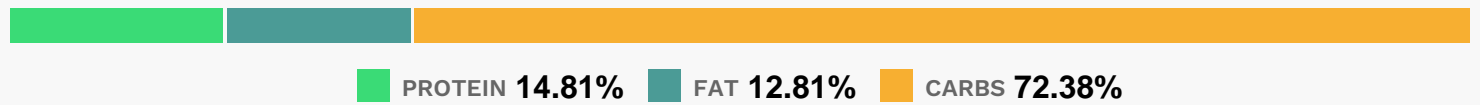
Equipment

- bowl
- colander

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Place bell pepper in a colander; drain pasta over bell pepper.
- Combine pasta, bell pepper, tomatoes, and remaining ingredients in a large bowl; toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:17.09, Inflammation Score:-10, Nutrition Score:27.572608740433%

Flavonoids

Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 277.12kcal (13.86%), Fat: 4.19g (6.44%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 53.24g (17.75%), Net Carbohydrates: 46.3g (16.84%), Sugar: 14.86g (16.51%), Cholesterol: 0mg (0%), Sodium: 440.06mg (19.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.78%), Vitamin K: 200.27µg (190.73%), Vitamin C: 89.17mg (108.09%), Vitamin A: 2769.55IU (55.39%), Manganese: 1.03mg (51.32%), Selenium: 28.86µg (41.23%), Potassium: 1324.29mg (37.84%), Copper: 0.6mg (30.17%), Fiber: 6.93g (27.73%), Iron: 4.4mg (24.44%), Magnesium: 94.03mg (23.51%), Phosphorus: 212.16mg (21.22%), Vitamin B3: 4.12mg (20.61%), Folate: 69.42µg (17.36%), Vitamin B6: 0.33mg (16.28%), Vitamin B1: 0.24mg (15.99%), Vitamin B2: 0.22mg (13.02%), Vitamin E: 1.65mg (11%), Vitamin B5: 1.01mg (10.14%), Zinc: 1.46mg (9.72%), Calcium: 72.01mg (7.2%)