



Bocce Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 40 basil (one bunch basil)
- ☐ 7 ounces feta cheese crumbled (solid, not)
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon kosher salt
- ☐ 1 large optional: lemon
- ☐ 0.3 cup olive oil
- ☐ 1 pound orzo pasta dried
- ☐ 1 small onion red
- ☐ 15 sun-dried tomatoes packed in oil

☐ 3 tomatoes

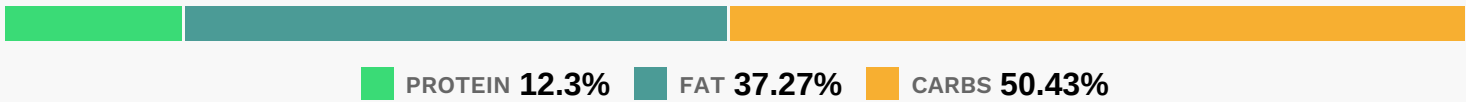
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ colander

Directions

- ☐ Bring 4 quarts of salted water to a boil. Cook the orzo for 10 minutes in boiling, salted water.
- ☐ While orzo is cooking, chop the red onion as fine as you can. Chop the tomatoes into slightly larger pieces and chop the feta cheese into similarly sized chunks.
- ☐ When the pasta has finished cooking, drain in a colander and rinse with cold water.
- ☐ Dump the pasta from your colander into a large mixing bowl.
- ☐ Add the tomatoes, onions and feta. Don't stir yet, although you will be tempted.
- ☐ Sprinkle salt and pepper over the bowl.
- ☐ Cut the lemon in half and squeeze the juice over the bowl.
- ☐ Drizzle the olive oil over the bowl as well. Now, you may toss, gently.

Nutrition Facts



Properties

Glycemic Index:43.58, Glycemic Load:24.41, Inflammation Score:-7, Nutrition Score:19.2899999998134%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 515.25kcal (25.76%), Fat: 21.53g (33.13%), Saturated Fat: 6.44g (40.27%), Carbohydrates: 65.55g (21.85%), Net Carbohydrates: 61.01g (22.19%), Sugar: 4.87g (5.41%), Cholesterol: 29.44mg (9.81%), Sodium: 793.7mg (34.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.99%), Selenium: 53.15µg (75.93%), Manganese: 0.91mg (45.54%), Vitamin C: 27.44mg (33.26%), Phosphorus: 289.74mg (28.97%), Vitamin K: 24.44µg (23.28%), Vitamin B2: 0.38mg (22.12%), Calcium: 204.06mg (20.41%), Fiber: 4.53g (18.14%), Vitamin B6: 0.36mg (18.11%), Vitamin A: 895.14IU (17.9%), Copper: 0.33mg (16.48%), Magnesium: 64.75mg (16.19%), Vitamin E: 2.26mg (15.06%), Zinc: 2.25mg (15%), Potassium: 516.32mg (14.75%), Vitamin B3: 2.32mg (11.59%), Vitamin B1: 0.17mg (11.54%), Folate: 42.47µg (10.62%), Iron: 1.9mg (10.55%), Vitamin B12: 0.56µg (9.32%), Vitamin B5: 0.8mg (8.03%)