



Bow Tie Pasta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 sprigs garnish: basil tomato wedges fresh
- ☐ 1 rib celery thinly sliced
- ☐ 8 ounces bow tie pasta cooked
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.5 bell pepper diced green
- ☐ 12 kalamata olives pitted quartered
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 bell pepper diced red

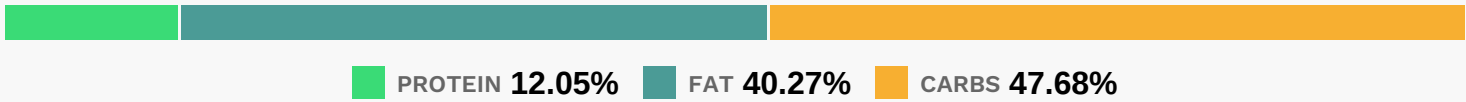
- ☐ 0.3 cup pasta salad dressing
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ Toss together pasta and next 8 ingredients; add more dressing as desired. Cover and chill at least 2 hours.
- ☐ Garnish, if desired.
- ☐ Add 2 cups chopped chicken to Bow Tie Pasta.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:5.58, Inflammation Score:-4, Nutrition Score:5.380000056132%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 121.82kcal (6.09%), Fat: 5.49g (8.44%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 13.26g (4.82%), Sugar: 1.98g (2.2%), Cholesterol: 7.42mg (2.47%), Sodium: 512.67mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin C: 20.72mg (25.11%), Selenium: 11.51µg (16.45%), Vitamin A: 419.52IU (8.39%), Manganese: 0.16mg (8.08%), Vitamin K: 7.15µg (6.81%), Vitamin B6: 0.11mg (5.7%), Phosphorus: 56.53mg (5.65%), Fiber: 1.35g (5.4%), Vitamin B2: 0.09mg (5.29%), Calcium: 51.46mg (5.15%), Vitamin E: 0.75mg (5.01%), Iron: 0.69mg (3.83%), Zinc: 0.48mg (3.21%), Copper: 0.06mg (3.07%), Magnesium: 12.1mg (3.03%), Folate: 11.18µg (2.8%), Vitamin B12: 0.14µg (2.35%), Vitamin B1: 0.04mg (2.34%), Potassium: 73.78mg (2.11%), Vitamin B3: 0.41mg (2.06%), Vitamin B5: 0.17mg (1.68%)