



Bow Tie Pasta and Kalamata Olive Toss

 Vegetarian

READY IN



19 min.

SERVINGS



6

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups bow tie pasta uncooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups grape tomatoes halved
- ☐ 16 kalamata olives pitted coarsely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 ounces part-skim mozzarella cheese diced

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.8 teaspoon salt

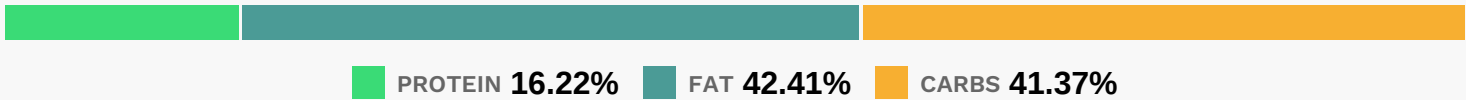
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ In a large bowl, combine pasta and remaining ingredients. Toss well.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:7.99, Inflammation Score:-5, Nutrition Score:7.6026086962741%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 207.32kcal (10.37%), Fat: 9.79g (15.06%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 19.81g (7.2%), Sugar: 1.94g (2.16%), Cholesterol: 12.1mg (4.03%), Sodium: 579.55mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Selenium: 18.78µg (26.83%), Calcium: 168.47mg (16.85%), Manganese: 0.32mg (15.89%), Phosphorus: 147.42mg (14.74%), Vitamin K: 14.63µg (13.94%), Vitamin A: 573.42IU (11.47%), Vitamin E: 1.38mg (9.21%), Vitamin C: 5.8mg (7.03%), Fiber: 1.68g (6.72%), Zinc: 0.98mg (6.5%), Copper: 0.12mg (6.2%), Magnesium: 24.73mg (6.18%), Potassium: 177.98mg (5.09%), Vitamin B6: 0.1mg (4.95%), Vitamin B2: 0.08mg (4.91%), Iron: 0.67mg (3.7%), Vitamin B3: 0.73mg (3.63%), Folate: 13.52µg (3.38%), Vitamin B1: 0.04mg (2.99%), Vitamin B12: 0.16µg (2.58%), Vitamin B5: 0.17mg (1.69%)