



Bow Tie Pasta Toss

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2.3 oz olives black drained sliced canned
- ☐ 8 ounces bow tie pasta uncooked
- ☐ 4 oz feta cheese crumbled
- ☐ 1 small garlic clove pressed
- ☐ 1 cup grape tomatoes cut in half
- ☐ 3 tablespoons olive oil
- ☐ 15 servings garnish: oregano sprigs fresh

- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon onion sweet finely chopped

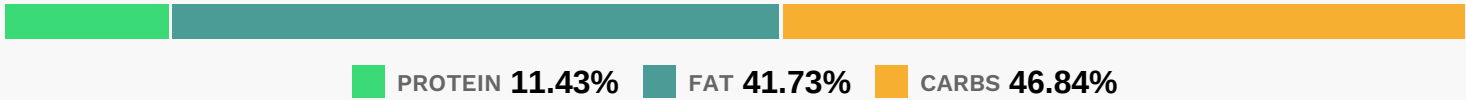
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Prepare pasta according to package directions, adding 1/2 tsp. salt to water; drain well.
- ☐ Place pasta in a large bowl, and stir in tomatoes, olives, and onion.
- ☐ Whisk together olive oil, next 3 ingredients, and remaining 1/4 tsp. salt; add to pasta mixture, tossing to coat.
- ☐ Let stand 10 minutes; stir in feta.
- ☐ Garnish, if desired.
- ☐ Kitchen Express: Substitute 6 Tbsp. balsamic vinaigrette for olive oil, vinegar, garlic, and oregano. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:5.03, Inflammation Score:-8, Nutrition Score:4.3269565656133%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 115.16kcal (5.76%), Fat: 5.37g (8.27%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.34g (4.49%), Sugar: 1.25g (1.39%), Cholesterol: 6.73mg (2.24%), Sodium: 271.36mg (11.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Selenium: 10.81µg (15.44%), Manganese: 0.22mg (10.85%), Vitamin K: 9.73µg (9.27%), Calcium: 63.21mg (6.32%), Phosphorus: 59.38mg (5.94%), Vitamin E: 0.86mg (5.71%), Fiber: 1.24g (4.94%), Vitamin B2: 0.08mg (4.79%), Iron: 0.76mg (4.2%), Vitamin B6: 0.08mg (3.9%), Magnesium: 14.57mg (3.64%), Copper: 0.07mg (3.31%), Zinc: 0.49mg (3.24%), Vitamin A: 150.66IU (3.01%), Folate: 9.6µg (2.4%), Potassium: 83.24mg (2.38%), Vitamin B3: 0.46mg (2.28%), Vitamin B1: 0.03mg (2.17%), Vitamin B12: 0.13µg (2.13%), Vitamin C: 1.48mg (1.8%), Vitamin B5: 0.16mg (1.6%)