



WHATSheATE



Bow Ties with Tomatoes, Feta, and Balsamic Dressing



Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 2 teaspoons capers
- ☐ 1 teaspoon dijon mustard
- ☐ 6 ounces farfalle pasta uncooked (bow tie pasta)
- ☐ 4 ounce feta crumbled reduced-fat
- ☐ 0.3 cup basil fresh thinly sliced

- ☐ 2 cups grape tomatoes halved
- ☐ 1 cup grapes green seedless halved
- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots chopped
- ☐ 2 tablespoons balsamic vinegar white

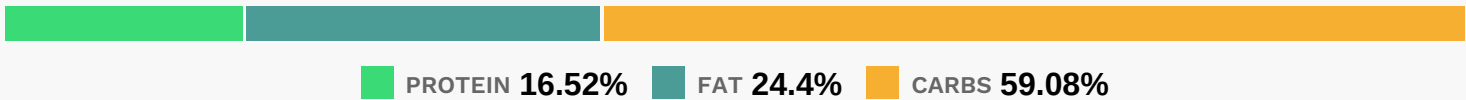
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Combine cooked pasta, tomatoes, grapes, and basil in a large bowl.
- ☐ While pasta cooks, combine vinegar and next 6 ingredients (through pepper) in a small bowl, stirring with a whisk. Gradually add oil to vinegar mixture, stirring constantly with a whisk.
- ☐ Drizzle vinaigrette over pasta mixture; toss well to coat.
- ☐ Add cheese; toss to combine.
- ☐ Combine 1 teaspoon extra-virgin olive oil, 1/4 teaspoon salt, 1/8 teaspoon freshly ground black pepper, and 1 pound trimmed asparagus.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add asparagus to pan; cook 5 minutes or until tender, turning once.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:17.49, Inflammation Score:-6, Nutrition Score:10.132608631383%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 306.67kcal (15.33%), Fat: 8.47g (13.03%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 43.25g (15.73%), Sugar: 11.58g (12.87%), Cholesterol: 15.19mg (5.06%), Sodium: 595.01mg (25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.81%), Selenium: 27.51µg (39.3%), Manganese: 0.58mg (29.14%), Vitamin K: 22.67µg (21.59%), Vitamin A: 754.21IU (15.08%), Vitamin C: 12.42mg (15.05%), Copper: 0.24mg (11.87%), Fiber: 2.92g (11.67%), Phosphorus: 114.04mg (11.4%), Potassium: 381.6mg (10.9%), Magnesium: 37.97mg (9.49%), Vitamin B6: 0.18mg (9.1%), Vitamin E: 1.13mg (7.53%), Vitamin B1: 0.1mg (6.63%), Iron: 1.16mg (6.42%), Vitamin B3: 1.28mg (6.42%), Folate: 23µg (5.75%), Zinc: 0.82mg (5.44%), Vitamin B2: 0.07mg (4.22%), Calcium: 30.8mg (3.08%), Vitamin B5: 0.3mg (2.97%)