



Bowtie Pasta With Chickpeas And Spinach In A Creamy Feta-Tomato Vinaigrette

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.8 cups bow tie pasta) uncooked
- ☐ 19 ounce chickpeas drained canned (garbanzo beans)
- ☐ 2 cups cherry tomatoes halved
- ☐ 3.5 cups farfalle pasta hot cooked
- ☐ 4 ounces feta cheese divided crumbled
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 5 cups torn spinach fresh
- ☐ 0.5 cup sacramento tomato juice

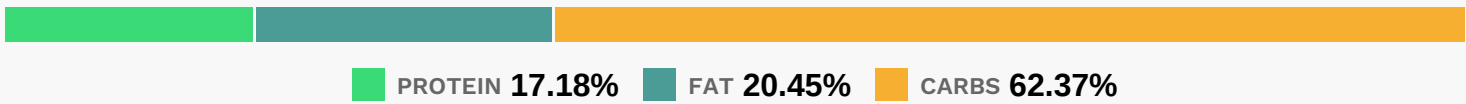
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl; add 1/2 cup feta cheese. Toss gently.
- ☐ Combine remaining 1/2 cup feta cheese, basil, and remaining 3 ingredients; stir well.
- ☐ Pour over pasta mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:25.02, Inflammation Score:-10, Nutrition Score:29.939130539479%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 434.97kcal (21.75%), Fat: 9.96g (15.33%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 68.36g (22.79%), Net Carbohydrates: 59.8g (21.74%), Sugar: 4.44g (4.94%), Cholesterol: 20.18mg (6.73%), Sodium: 594.62mg (25.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.66%), Vitamin K: 153.58µg (146.26%), Manganese: 1.81mg (90.41%), Vitamin A: 3389.38IU (67.79%), Selenium: 46.2µg (66%), Vitamin B6: 0.84mg (42.08%), Fiber: 8.56g (34.24%), Vitamin C: 28mg (33.94%), Phosphorus: 308.35mg (30.84%), Folate: 119.84µg (29.96%), Magnesium: 98.21mg (24.55%), Iron: 4.25mg (23.64%), Copper: 0.45mg (22.48%), Calcium: 206.36mg (20.64%), Vitamin B2: 0.32mg (19.08%), Potassium: 656.73mg (18.76%), Zinc: 2.55mg (16.98%), Vitamin B1: 0.18mg (11.84%), Vitamin B3: 1.94mg (9.71%), Vitamin B5: 0.94mg (9.44%), Vitamin E: 1.38mg (9.23%), Vitamin B12: 0.38µg (6.39%)