



## Campanelle With Roasted Grapes and Feta

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup wine dry white
- ☐ 1 cup feta cheese crumbled
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 1 cup onion chopped
- ☐ 8 ounces soup noodles (bellflower-shaped uncooked)
- ☐ 3 cups grapes green black red seedless (any combination of , , and )
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable stock

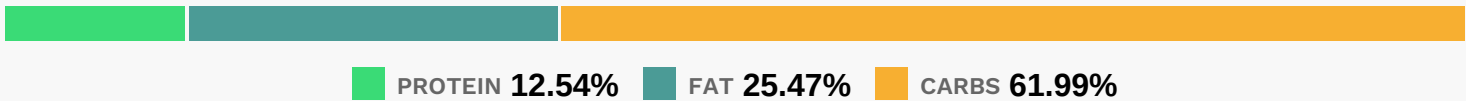
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 40
- ☐ Coat a baking sheet with cooking spray.
- ☐ Cook pasta according to package directions; drain.
- ☐ Toss grapes with 1 teaspoon olive oil and 1/4 teaspoon salt.
- ☐ Place on baking sheet. Roast 57 minutes, or until first few grapes begin to split.
- ☐ Remove from oven and let stand.
- ☐ Heat remaining olive oil in a nonstick skillet over medium-high heat.
- ☐ Add onion and thyme; cook until onion is softened, about 4 minutes.
- ☐ Pour in broth and wine; boil 56 minutes, or until sauce is amber-colored and no longer tastes of "raw" wine.
- ☐ Combine pasta and sauce; toss with grapes and feta.

## Nutrition Facts



## Properties

Glycemic Index:41.17, Glycemic Load:18.33, Inflammation Score:-5, Nutrition Score:10.386086938174%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 307.42kcal (15.37%), Fat: 8.43g (12.97%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 46.16g (15.39%), Net Carbohydrates: 43.8g (15.93%), Sugar: 14.2g (15.78%), Cholesterol: 22.25mg (7.42%), Sodium: 466.13mg (20.27%), Alcohol: 2.06g (100%), Alcohol %: 1.26% (100%), Protein: 9.34g (18.68%), Selenium: 27.87µg (39.81%), Manganese: 0.47mg (23.41%), Phosphorus: 182.3mg (18.23%), Vitamin B2: 0.3mg (17.5%), Calcium: 147.43mg (14.74%), Vitamin B6: 0.27mg (13.36%), Vitamin K: 13.1µg (12.48%), Copper: 0.23mg (11.27%), Fiber: 2.37g (9.46%), Vitamin B1: 0.14mg (9.2%), Zinc: 1.38mg (9.19%), Magnesium: 35mg (8.75%), Potassium: 298.19mg (8.52%), Vitamin B12: 0.42µg (7.04%), Iron: 1.08mg (5.99%), Vitamin C: 4.66mg (5.64%), Vitamin B3: 1.09mg (5.44%), Folate: 21.66µg (5.41%), Vitamin B5: 0.48mg (4.85%), Vitamin A: 205.49IU (4.11%), Vitamin E: 0.57mg (3.81%)