



Campanelle with Tomatoes and Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

Ingredients

- 5 cups arugula loosely packed ()
- 1 pint cherry tomatoes whole
- 7 ounces feta cheese crumbled
- 3 large garlic clove minced
- 1 pint grape tomatoes whole
- 1 cup spring onion chopped
- 6 tablespoons olive oil extra virgin extra-virgin divided

Equipment

frying pan

pot

Directions

- Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- Meanwhile, heat 3 tablespoons olive oil in heavy large skillet over high heat.
- Add green onions, garlic, and all tomatoes; sauté until tomatoes begin to soften and collapse, about 7 minutes.
- Sprinkle with salt and pepper.
- Drain pasta. Return to pot.
- Add tomato mixture, arugula, and remaining 3 tablespoons olive oil; toss until arugula begins to wilt. Season to taste with salt and pepper.
- Transfer pasta to plates.
- Sprinkle with feta cheese and serve.

Nutrition Facts

 PROTEIN 10.69%  FAT 74.21%  CARBS 15.1%

Properties

Glycemic Index:39.75, Glycemic Load:2.48, Inflammation Score:-9, Nutrition Score:23.758260783942%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 9.19mg, Kaempferol: 9.19mg, Kaempferol: 9.19mg, Kaempferol: 9.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 377.3kcal (18.86%), Fat: 32.26g (49.63%), Saturated Fat: 9.58g (59.87%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 11.42g (4.15%), Sugar: 7.17g (7.97%), Cholesterol: 44.15mg (14.72%), Sodium: 596.05mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.91%), Vitamin K: 105.23µg (100.22%), Vitamin C: 52.33mg (63.43%), Vitamin A: 2615.91IU (52.32%), Calcium: 331.71mg (33.17%), Vitamin E: 4.66mg

(31.08%), Vitamin B2: 0.51mg (30.07%), Phosphorus: 254.4mg (25.44%), Vitamin B6: 0.46mg (22.99%), Folate: 89.32µg (22.33%), Manganese: 0.43mg (21.54%), Potassium: 739.48mg (21.13%), Vitamin B12: 0.84µg (13.97%), Zinc: 2.04mg (13.58%), Fiber: 3.34g (13.38%), Iron: 2.34mg (12.98%), Vitamin B1: 0.19mg (12.8%), Magnesium: 50.4mg (12.6%), Selenium: 8.58µg (12.25%), Copper: 0.22mg (11.04%), Vitamin B3: 2.05mg (10.23%), Vitamin B5: 0.88mg (8.79%), Vitamin D: 0.2µg (1.32%)