



Campanelle with Tomatoes and Feta

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups arugula loosely packed ()
- ☐ 1 pint cherry tomatoes whole
- ☐ 7 ounces feta cheese crumbled
- ☐ 8 ounces fusilli pasta) (trumpet-shaped (spiral-shaped
- ☐ 3 large garlic cloves minced
- ☐ 1 pint grape tomatoes whole
- ☐ 1 cup green onions chopped
- ☐ 6 tablespoons olive oil extra-virgin divided

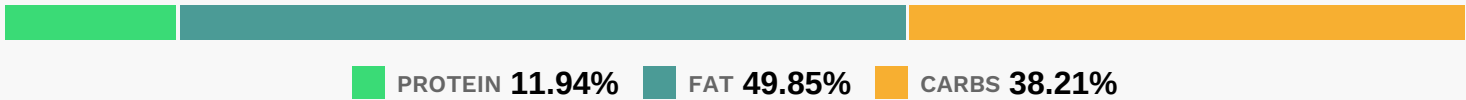
Equipment

- ☐ 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



Properties

Glycemic Index:50.25, Glycemic Load:19.5, Inflammation Score:-9, Nutrition Score:30.052608754324%

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: 587.65kcal (29.38%), Fat: 33.11g (50.94%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 51.94g (18.89%), Sugar: 8.69g (9.65%), Cholesterol: 44.15mg (14.72%), Sodium: 599.45mg (26.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Vitamin K: 105.29µg (100.27%), Selenium: 44.41µg (63.45%), Vitamin C: 52.33mg (63.43%), Vitamin A: 2615.91IU (52.32%), Manganese: 0.95mg (47.54%), Phosphorus: 361.56mg (36.16%), Calcium: 343.62mg (34.36%), Vitamin B2: 0.55mg (32.07%), Vitamin E: 4.72mg (31.49%), Vitamin B6: 0.54mg (27.02%), Folate: 99.52µg (24.88%), Potassium: 865.92mg (24.74%), Fiber: 5.16g (20.64%), Magnesium: 80.45mg (20.11%), Copper: 0.38mg (19.24%), Zinc: 2.84mg (18.91%), Iron: 3.07mg (17.08%), Vitamin B1: 0.24mg (16.2%), Vitamin B3: 3.01mg (15.05%), Vitamin B12: 0.84µg (13.97%), Vitamin B5: 1.12mg (11.23%), Vitamin D: 0.2µg (1.32%)