



Double-Tomato Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper red crushed
- 8 ounces farfalle pasta (bow-tie pasta)
- 0.3 cup parsley fresh chopped
- 0.5 cup kalamata olives pitted chopped
- 2 teaspoons olive oil
- 4 ounces parmesan cheese fresh divided grated
- 2 pounds plum tomatoes seeded coarsely chopped
- 1 cup onion red sliced

- 0.3 teaspoon salt
- 0.3 cup sun-dried tomatoes packed sliced

Equipment

- bowl
- frying pan
- sieve

Directions

- Heat oil in a large nonstick skillet over medium-high heat; add onion. Cook 2 minutes, stirring frequently.
- Add plum tomatoes, salt, black pepper, and red pepper. Reduce heat and simmer 8 minutes, stirring occasionally.
- Cook pasta according to package directions, omitting salt and fat.
- Drain into a sieve over a bowl; add sun-dried tomatoes to reserved pasta water.
- Let stand 10 minutes; drain.
- Combine pasta and sun-dried tomatoes.
- Combine pasta mixture and plum-tomato mixture in a large bowl; stir in 3/4 cup cheese, olives, and parsley. Divide pasta evenly among 4 bowls; garnish each with 2 tablespoons Parmesan.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:21.67, Inflammation Score:-9, Nutrition Score:27.428261028684%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg

Myricetin: 0.86mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 446.44kcal (22.32%), Fat: 13.58g (20.9%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 62.03g (20.68%), Net Carbohydrates: 54.9g (19.96%), Sugar: 12.98g (14.42%), Cholesterol: 19.28mg (6.43%), Sodium: 893.14mg (38.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.17%), Vitamin K: 86.04µg (81.94%), Selenium: 43.11µg (61.59%), Manganese: 1.05mg (52.27%), Vitamin A: 2612.19IU (52.24%), Vitamin C: 42.61mg (51.65%), Phosphorus: 406.19mg (40.62%), Calcium: 405.11mg (40.51%), Potassium: 1096.52mg (31.33%), Fiber: 7.13g (28.52%), Copper: 0.48mg (24.15%), Magnesium: 93.6mg (23.4%), Vitamin B6: 0.38mg (18.91%), Vitamin B3: 3.37mg (16.85%), Folate: 66.33µg (16.58%), Iron: 2.87mg (15.96%), Vitamin E: 2.37mg (15.78%), Zinc: 2.27mg (15.14%), Vitamin B1: 0.22mg (14.68%), Vitamin B2: 0.23mg (13.73%), Vitamin B5: 0.84mg (8.39%), Vitamin B12: 0.34µg (5.67%)