



Farfalle Salad

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup olives black pitted chopped
- ☐ 1 pound farfalle pasta
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup peas frozen boiling thawed cooked for 3 minutes
- ☐ 1 cup basil pesto prepared
- ☐ 1 medium onion diced red ()
- ☐ 3 spring onion thinly sliced
- ☐ 1 bell pepper diced red yellow cored stemmed

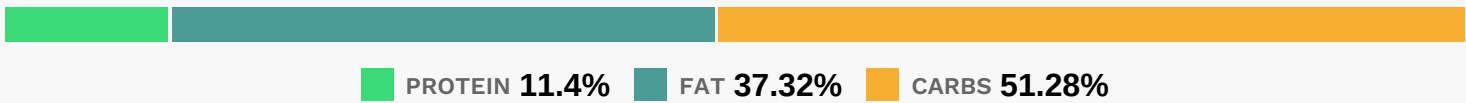
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine the peppers, onion, peas, scallions, and olives in a bowl. Reserve.
- ☐ Bring a large pot of salted water to a boil with the olive oil. Cook the pasta according to package directions.
- ☐ Drain, reserving 1/2 cup of the cooking water.
- ☐ Remove the pasta to a bowl and toss with 1/4 cup of the pasta water.
- ☐ Add the pesto and reserved vegetables to the pasta; toss to combine. Toss with cheese and season with salt and pepper, to taste.
- ☐ Let it rest at room temperature.
- ☐ Serve immediately or refrigerate for up to 1 day. Bring to room temperature 30 minutes before serving.
- ☐ Add more pesto and hot water to thin if necessary.
- ☐ Per serving: 380 calories, 51g carbohydrates, 12g protein, 14g fat, 5mg cholesterol
- ☐ Parade

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:18.26, Inflammation Score:-8, Nutrition Score:12.967826160724%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 396.67kcal (19.83%), Fat: 16.38g (25.2%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 50.65g (16.88%), Net Carbohydrates: 46.37g (16.86%), Sugar: 4.89g (5.44%), Cholesterol: 5.2mg (1.73%), Sodium: 482.37mg (20.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.51%), Selenium: 37.44µg (53.49%), Vitamin C: 28.15mg (34.13%), Manganese: 0.64mg (31.92%), Vitamin A: 1334.68IU (26.69%), Fiber: 4.29g (17.14%), Phosphorus: 156.41mg (15.64%), Vitamin K: 15.88µg (15.12%), Copper: 0.22mg (10.94%), Calcium: 105.82mg (10.58%), Magnesium: 42.11mg (10.53%), Vitamin B6: 0.18mg (8.94%), Folate: 34.76µg (8.69%), Zinc: 1.24mg (8.27%), Vitamin B1: 0.12mg (7.91%), Iron: 1.41mg (7.82%), Vitamin B3: 1.55mg (7.75%), Potassium: 243.86mg (6.97%), Vitamin E: 0.94mg (6.25%), Vitamin B2: 0.09mg (5.25%), Vitamin B5: 0.34mg (3.43%)