



## Farfalle with Cilantro Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14.5 ounce canned tomatoes italian-style undrained chopped canned
- 8 cups farfalle pasta hot cooked uncooked ( 4 cups bow-tie pasta)
- 3 ounces feta cheese crumbled
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1.5 teaspoons olive oil
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

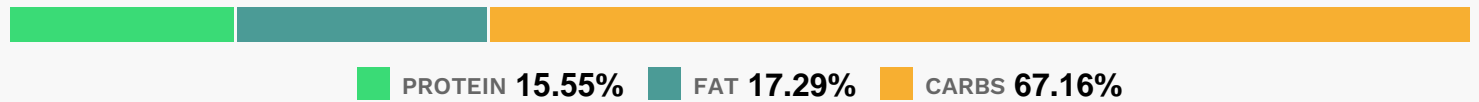
# Equipment

bowl

# Directions

- Combine first 7 ingredients in a large bowl; stir well.
- Add pasta; toss gently.
- Serve at room temperature.

# Nutrition Facts



# Properties

Glycemic Index:25.94, Glycemic Load:15.76, Inflammation Score:-3, Nutrition Score:8.5595651929793%

# Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

# Nutrients (% of daily need)

Calories: 215.3kcal (10.76%), Fat: 4.14g (6.38%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 33.36g (12.13%), Sugar: 2.85g (3.17%), Cholesterol: 9.46mg (3.15%), Sodium: 263.1mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Selenium: 29.21µg (41.73%), Manganese: 0.45mg (22.38%), Iron: 2.08mg (11.58%), Fiber: 2.87g (11.47%), Phosphorus: 113.45mg (11.34%), Copper: 0.2mg (10.21%), Vitamin B6: 0.18mg (9.14%), Vitamin B2: 0.14mg (8.16%), Calcium: 78.97mg (7.9%), Magnesium: 31.21mg (7.8%), Zinc: 0.98mg (6.55%), Vitamin C: 5.1mg (6.18%), Potassium: 208.52mg (5.96%), Vitamin B3: 1.16mg (5.78%), Vitamin E: 0.84mg (5.63%), Vitamin B1: 0.08mg (5.16%), Vitamin K: 4.98µg (4.74%), Folate: 17.63µg (4.41%), Vitamin A: 189.32IU (3.79%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.18µg (2.99%)