



Farfalle with Tomatoes and Feta Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings balsamic vinaigrette
- 10 basil julienned
- 1.5 pounds farfalle pasta
- 0.5 cup kalamata olives pitted
- 4 teaspoons capers drained
- 3 ounces feta cheese crumbled
- 0.3 cup onion diced red
- 6 roma tomatoes diced seeded

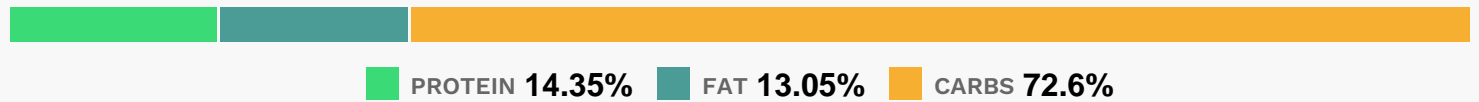
Equipment

pot

Directions

- Cook the pasta in a large pot of boiling salted water until al dente.
- Combine the pasta, tomatoes, olives, onions, capers, cheese, and basil.
- Pour on the vinaigrette and toss lightly.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:26.26, Inflammation Score:-6, Nutrition Score:13.183043336091%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 370.99kcal (18.55%), Fat: 5.34g (8.21%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 66.8g (22.27%), Net Carbohydrates: 63.09g (22.94%), Sugar: 3.86g (4.29%), Cholesterol: 9.46mg (3.15%), Sodium: 297.22mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Selenium: 55.47µg (79.24%), Manganese: 0.85mg (42.55%), Phosphorus: 210.38mg (21.04%), Fiber: 3.71g (14.85%), Copper: 0.29mg (14.75%), Magnesium: 54.46mg (13.61%), Vitamin B6: 0.21mg (10.73%), Zinc: 1.61mg (10.71%), Vitamin A: 493.26IU (9.87%), Vitamin B3: 1.87mg (9.33%), Potassium: 321.61mg (9.19%), Vitamin B2: 0.15mg (9.04%), Vitamin C: 7mg (8.48%), Calcium: 82.23mg (8.22%), Iron: 1.39mg (7.71%), Vitamin B1: 0.12mg (7.69%), Folate: 27.78µg (6.94%), Vitamin K: 6.42µg (6.11%), Vitamin B5: 0.52mg (5.22%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.18µg (2.99%)