






# 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
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- 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

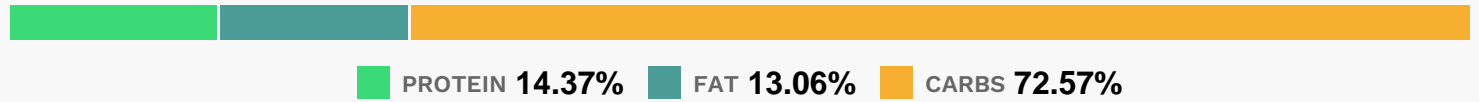
## Equipment

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:34.25, Glycemic Load:26.26, Inflammation Score:-6, Nutrition Score:13.340434739123%

## 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: 371.1kcal (18.56%), Fat: 5.34g (8.22%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 66.82g (22.27%), Net Carbohydrates: 63.1g (22.94%), Sugar: 3.86g (4.29%), Cholesterol: 9.46mg (3.15%), Sodium: 297.24mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.45%), Selenium: 55.47µg (79.24%), Manganese: 0.86mg (42.84%), Phosphorus: 210.66mg (21.07%), Fiber: 3.72g (14.88%), Copper: 0.3mg (14.85%), Magnesium: 54.78mg (13.69%), Vitamin B6: 0.22mg (10.77%), Zinc: 1.61mg (10.74%), Vitamin A: 519.63IU (10.39%), Vitamin B3: 1.87mg (9.35%), Potassium: 323.08mg (9.23%), Vitamin B2: 0.15mg (9.07%), Vitamin C: 7.09mg (8.59%), Calcium: 83.11mg (8.31%), Vitamin K: 8.49µg (8.09%), Iron: 1.4mg (7.8%), Vitamin B1: 0.12mg (7.7%), Folate: 28.12µg (7.03%), Vitamin B5: 0.52mg (5.23%), Vitamin E: 0.7mg (4.69%), Vitamin B12: 0.18µg (2.99%)