



Farfalle with Tomatoes, Onions, and Spinach

READY IN



40 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups baby spinach
- 0.3 teaspoon pepper black freshly ground
- 8 ounces farfalle pasta uncooked
- 3 ounces feta cheese crumbled
- 5 garlic cloves sliced
- 2 cups grape tomatoes halved
- 2 tablespoons olive oil extra-virgin divided
- 1 teaspoon oregano dried
- 3 tablespoons parmigiano-reggiano cheese fresh shaved

- 1 tablespoon salt
- 1 tablespoon citrus champagne vinegar
- 1 cup onion yellow vertically sliced

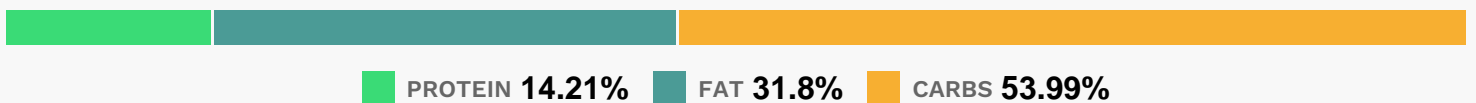
Equipment

- frying pan
- pot

Directions

- Bring a large pot of water to a boil with 1 tablespoon salt.
- Add pasta, and cook according to package directions; drain.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add onion and oregano; saut 12 minutes or until lightly browned.
- Add garlic; saut 2 minutes.
- Add tomatoes and vinegar; saut 3 minutes or until tomatoes begin to soften.
- Add pasta and spinach; cook 1 minute.
- Remove from heat, and stir in Parmigiano-Reggiano, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and pepper.
- Sprinkle with feta.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:19.34, Inflammation Score:-10, Nutrition Score:22.954782504102%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg

Myricetin: 0.25mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 385.8kcal (19.29%), Fat: 13.72g (21.1%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 48.2g (17.53%), Sugar: 5.35g (5.95%), Cholesterol: 21.47mg (7.16%), Sodium: 2074.3mg (90.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Vitamin K: 122.81µg (116.97%), Selenium: 40.86µg (58.37%), Vitamin A: 2859.75IU (57.19%), Manganese: 0.97mg (48.74%), Phosphorus: 252.32mg (25.23%), Vitamin C: 20.69mg (25.08%), Calcium: 216.76mg (21.68%), Folate: 81.02µg (20.25%), Vitamin B6: 0.38mg (18.88%), Vitamin B2: 0.3mg (17.67%), Magnesium: 68.41mg (17.1%), Fiber: 4.21g (16.82%), Potassium: 528.48mg (15.1%), Copper: 0.28mg (13.92%), Vitamin E: 2.08mg (13.86%), Zinc: 1.89mg (12.62%), Iron: 2.13mg (11.84%), Vitamin B1: 0.16mg (10.48%), Vitamin B3: 1.89mg (9.44%), Vitamin B12: 0.4µg (6.74%), Vitamin B5: 0.63mg (6.26%)