



Feta and Artichoke Pasta

READY IN



21 min.

SERVINGS



10

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup artichokes dry canned drained cut into eighths
- 1 cup torn basil fresh loosely packed
- 0.5 cup olives black sliced
- 1 pound farfalle pasta
- 0.5 cup feta crumbled
- 1 clove garlic minced
- 1 cup oil-packed sun-dried tomatoes drained chopped ()
- 10 servings salt

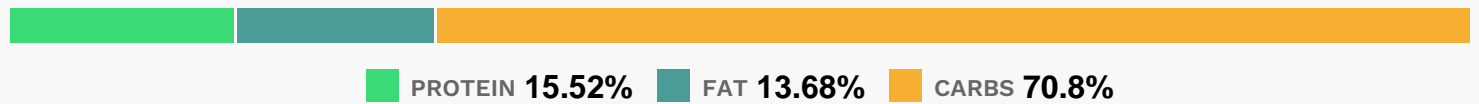
Equipment

pot

Directions

- Bring a large pot of salted water to a boil over high heat. Cook pasta until al dente, 11 minutes or as package label directs.
- Drain, reserving 1/2 cup cooking water. Return pasta to pot.
- Toss pasta with sun-dried tomatoes and reserved oil, olives, feta, garlic, artichokes and basil. If mixture seems dry, add pasta water a few tablespoons at a time.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:1.95, Inflammation Score:-5, Nutrition Score:12.244347974658%

Flavonoids

Naringenin: 2.96mg, Naringenin: 2.96mg, Naringenin: 2.96mg, Naringenin: 2.96mg Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 238.44kcal (11.92%), Fat: 3.71g (5.71%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 38.86g (14.13%), Sugar: 5.63g (6.25%), Cholesterol: 6.68mg (2.22%), Sodium: 421.47mg (18.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.94%), Selenium: 30.56µg (43.65%), Manganese: 0.71mg (35.74%), Copper: 0.36mg (18.14%), Vitamin K: 18.47µg (17.59%), Fiber: 4.35g (17.4%), Phosphorus: 173.53mg (17.35%), Potassium: 581.8mg (16.62%), Magnesium: 63.36mg (15.84%), Iron: 2.06mg (11.43%), Vitamin B3: 2.13mg (10.64%), Vitamin B2: 0.16mg (9.56%), Vitamin C: 7.61mg (9.22%), Folate: 35.98µg (8.99%), Vitamin B1: 0.13mg (8.69%), Vitamin B6: 0.17mg (8.49%), Zinc: 1.22mg (8.11%), Calcium: 77.43mg (7.74%), Vitamin B5: 0.59mg (5.86%), Vitamin A: 284.02IU (5.68%), Vitamin E: 0.39mg (2.57%), Vitamin B12: 0.13µg (2.11%)