



Feta-And-Penne Toss

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 cup parsley fresh divided finely chopped
- ☐ 1 bell pepper green cut into thin strips
- ☐ 16 kalamata olives pitted chopped
- ☐ 2 teaspoons olive oil
- ☐ 6 ounces penne pasta) (tube-shaped uncooked

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups tomatoes seeded coarsely chopped
- ☐ 1 large zucchini sliced quartered

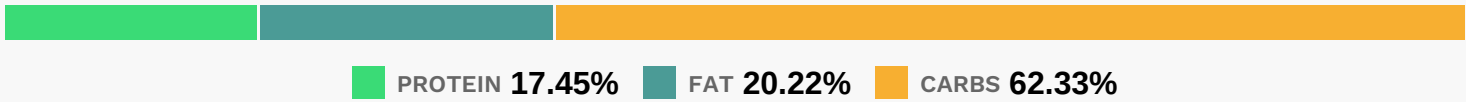
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain well.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add bell pepper and zucchini; saut until crisp-tender.
- ☐ Remove from heat; gently stir in olives, tomato, 3 tablespoons parsley, basil, and next 3 ingredients.
- ☐ Drizzle with oil. (Do not stir after adding oil). Cover and keep warm.
- ☐ Drain pasta, and place in a large serving bowl. Top with zucchini mixture, crumbled feta cheese, and 1 tablespoon parsley. Toss well.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:19.27, Inflammation Score:-9, Nutrition Score:25.97434776244%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 388.95kcal (19.45%), Fat: 8.92g (13.72%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 61.83g (20.61%), Net Carbohydrates: 52.68g (19.16%), Sugar: 5.77g (6.42%), Cholesterol: 12.62mg (4.21%), Sodium: 578.76mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Vitamin K: 78.6µg (74.86%), Vitamin C: 51.11mg (61.95%), Manganese: 1.2mg (59.93%), Selenium: 31.04µg (44.34%), Fiber: 9.15g (36.6%), Folate: 118.58µg (29.65%), Potassium: 1012.97mg (28.94%), Phosphorus: 278.4mg (27.84%), Magnesium: 107.25mg (26.81%), Iron: 4.74mg (26.31%), Copper: 0.5mg (24.88%), Vitamin A: 1239.05IU (24.78%), Vitamin B6: 0.45mg (22.75%), Calcium: 192.8mg (19.28%), Zinc: 2.65mg (17.65%), Vitamin B2: 0.29mg (16.81%), Vitamin B1: 0.24mg (16.21%), Vitamin E: 2.4mg (15.99%), Vitamin B3: 1.93mg (9.64%), Vitamin B5: 0.78mg (7.82%), Vitamin B12: 0.24µg (3.99%)