



Fieri Farfalle Salad

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup arugula leaves
- ☐ 1 tablespoon balsamic vinegar
- ☐ 8 ounces farfalle pasta dry mini cooked
- ☐ 2 cloves garlic
- ☐ 0.8 cup grape tomatoes quartered
- ☐ 0.3 cup green onions light diced
- ☐ 0.3 cup kalamata olives diced
- ☐ 1 tablespoon kalamata olives 5

- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup mozzarella cheese diced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 0.5 teaspoon cracked pepper fresh black
- ☐ 1 roasted bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 3 cups sunchokes

Equipment

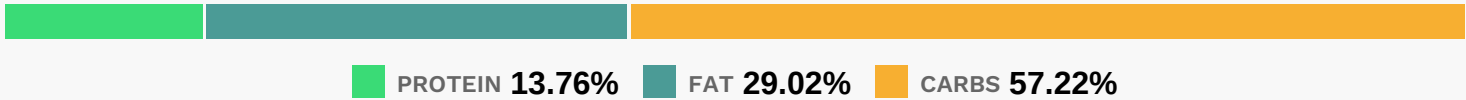
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ spatula

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Peel and dice the sunchokes to 1/2-inch dice. (If you notice that the sunchokes are starting to oxidize and turn in color, cover them with water. When ready to roast them, strain and pat dry prior to tossing in salt and pepper.)
- ☐ Place in a small oven-safe roasting pan with 1 tablespoon olive oil, season with the salt and pepper and roast for 20 to 30 minutes, turning with a spatula after 15 minutes. Set aside to cool.
- ☐ Cook the pasta according to package directions.
- ☐ Drain and toss well with the remaining 1 tablespoon olive oil. Cool to room temperature.
- ☐ Add the pasta and the Roasted Red Bell Pepper Pesto to a large bowl and combine. Stir in the mozzarella, tomatoes, kalamata olives, green onions and the roasted sunchokes and serve.

In the bowl of a food processor fitted with the bottom blade, or in a blender, add the arugula, Parmesan, olives, vinegar, pepper, salt, garlic and roasted red bell peppers and process until combined well, 6 to 7 seconds. Slowly add in the olive oil and adjust the salt to taste. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:11.89, Inflammation Score:-4, Nutrition Score:8.8391303523727%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 228.89kcal (11.44%), Fat: 7.46g (11.48%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 30.76g (11.18%), Sugar: 7.07g (7.85%), Cholesterol: 9.15mg (3.05%), Sodium: 527.33mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Selenium: 20.57µg (29.39%), Manganese: 0.36mg (18%), Phosphorus: 151.1mg (15.11%), Iron: 2.56mg (14.21%), Potassium: 374.42mg (10.7%), Vitamin K: 11.23µg (10.69%), Vitamin B1: 0.15mg (10.19%), Copper: 0.19mg (9.53%), Calcium: 93.91mg (9.39%), Fiber: 2.34g (9.38%), Vitamin C: 7.26mg (8.8%), Magnesium: 31.52mg (7.88%), Vitamin B3: 1.37mg (6.87%), Vitamin E: 0.96mg (6.41%), Vitamin A: 304.59IU (6.09%), Vitamin B6: 0.12mg (6.09%), Zinc: 0.87mg (5.81%), Vitamin B2: 0.09mg (5.49%), Folate: 19.08µg (4.77%), Vitamin B12: 0.25µg (4.24%), Vitamin B5: 0.39mg (3.94%)