

Fire and Ice Pasta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce olives black sliced canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 32 ounce farfalle pasta
- ☐ 0.7 cup basil fresh chopped
- ☐ 0.5 cup chives fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 6 ounces goat cheese
- ☐ 1 teaspoon ground pepper black

- ☐ 1.5 cups olive oil
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sun-dried tomatoes chopped

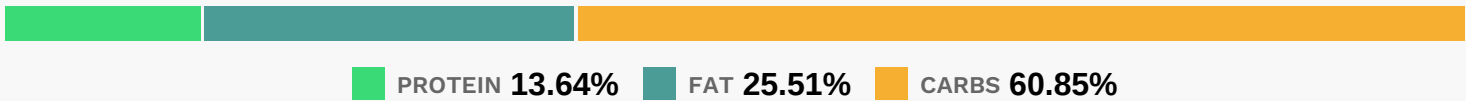
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large bowl mix together the basil, diced tomatoes, garlic, olives, olive oil, salt, pepper, chives, sun dried tomatoes, and red pepper chile flakes. Cover and place in refrigerator for a few hours or overnight.
- ☐ Remove sauce from refrigerator 2 hours before serving, to allow ingredients to come to room temperature.
- ☐ In a large pot with boiling salted water cook farfalle pasta until al dente.
- ☐ Drain.
- ☐ Toss cooked pasta with room temperature sauce.
- ☐ Sprinkle with goat cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:37.09, Inflammation Score:-8, Nutrition Score:23.985652436381%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 632.14kcal (31.61%), Fat: 18.11g (27.86%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 97.19g (32.4%), Net Carbohydrates: 89.87g (32.68%), Sugar: 10.36g (11.51%), Cholesterol: 9.78mg (3.26%), Sodium: 850.32mg (36.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Selenium: 73.6µg (105.14%), Manganese: 1.45mg (72.41%), Copper: 0.81mg (40.37%), Phosphorus: 330.41mg (33.04%), Fiber: 7.32g (29.27%), Vitamin K: 28.19µg (26.85%), Magnesium: 102.3mg (25.58%), Potassium: 817.77mg (23.36%), Vitamin E: 3.5mg (23.33%), Iron: 4.13mg (22.92%), Vitamin B6: 0.41mg (20.6%), Vitamin B3: 3.97mg (19.87%), Vitamin A: 866.48IU (17.33%), Vitamin C: 13.81mg (16.74%), Vitamin B1: 0.24mg (15.78%), Zinc: 2.26mg (15.06%), Vitamin B2: 0.24mg (14.31%), Calcium: 114.99mg (11.5%), Folate: 45.29µg (11.32%), Vitamin B5: 1.08mg (10.79%)