



Fregola Sarda Pasta with Tomatoes

READY IN



40 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup olives black pitted coarsely chopped
- ☐ 2 cups cherry tomatoes halved
- ☐ 7 ounces fregola sarda pasta
- ☐ 0.8 cup basil fresh packed
- ☐ 3 garlic cloves unpeeled
- ☐ 3 ounces goat cheese crumbled
- ☐ 1 tablespoon olive oil extra-virgin divided
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 tablespoon parmesan cheese freshly grated

- ☐ 1 tablespoon pinenuts
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon sugar

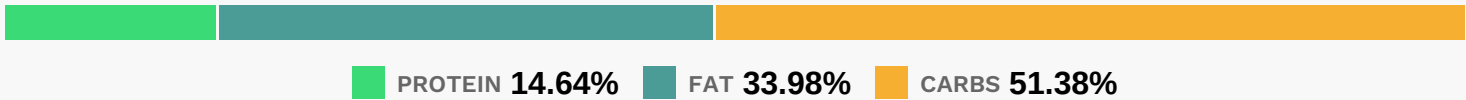
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ In a roasting pan, toss tomatoes with garlic, sugar, dried oregano, a pinch each salt and pepper, and 1 tsp olive oil. Roast 25 minutes, until tomatoes begin to caramelize.
- ☐ Meanwhile, cook fregola sarda as package directs.
- ☐ Squeeze roasted garlic from skin; pulse in food processor with pine nuts, basil, a pinch each salt and pepper, and remaining 1 TBSP olive oil.
- ☐ Add Parmesan; pulse to combine.
- ☐ In a bowl, combine fregola sarda, tomatoes, olives, goat cheese, and pesto. Scatter fresh oregano leaves on top, if desired.

Nutrition Facts



Properties

Glycemic Index:62.27, Glycemic Load:15.85, Inflammation Score:-7, Nutrition Score:13.875217461068%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 332.09kcal (16.6%), Fat: 12.65g (19.46%), Saturated Fat: 4.28g (26.78%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 40.22g (14.63%), Sugar: 4.57g (5.07%), Cholesterol: 10.87mg (3.62%), Sodium: 287.57mg (12.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.52%), Selenium: 33.23µg (47.48%), Manganese: 0.89mg (44.5%), Vitamin K: 26.58µg (25.32%), Vitamin C: 18.52mg (22.45%), Copper: 0.43mg (21.45%), Phosphorus: 198.3mg (19.83%), Vitamin A: 882.07IU (17.64%), Magnesium: 48.64mg (12.16%), Vitamin E: 1.77mg (11.78%), Iron: 2.06mg (11.43%), Vitamin B6: 0.23mg (11.35%), Fiber: 2.82g (11.29%), Potassium: 327.35mg (9.35%), Zinc: 1.29mg (8.6%), Vitamin B2: 0.15mg (8.55%), Calcium: 82.2mg (8.22%), Vitamin B3: 1.54mg (7.69%), Vitamin B1: 0.1mg (6.98%), Folate: 26.17µg (6.54%), Vitamin B5: 0.5mg (4.96%)