



Fusilli with Roasted Red Peppers, Feta, and Herb Dressing

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 ounces olives black sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup herbs mixed fresh finely chopped basil, oregano, thyme
- ☐ 1 pound fusilli
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 0.5 onion red sliced
- ☐ 12 ounce roasted peppers red drained sliced

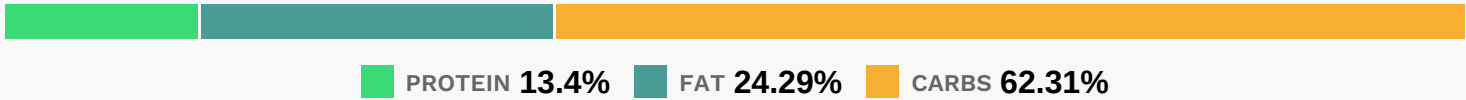
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place all ingredients in a jar. Close lid tightly and shake until blended.
- ☐ In a large pot of lightly salted water, cook pasta according to package directions. While pasta is cooking, soak red onion in ice water to mellow its flavor.
- ☐ Drain cooked pasta and place in a large bowl.
- ☐ Drain onions and pat dry, add to pasta,
- ☐ Add dressing, olives, peppers and feta to warm pasta and toss.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:17.88, Inflammation Score:-8, Nutrition Score:16.759999860888%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 300.32kcal (15.02%), Fat: 8.12g (12.5%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 46.89g (15.63%), Net Carbohydrates: 43.66g (15.88%), Sugar: 3.76g (4.17%), Cholesterol: 12.62mg (4.21%), Sodium: 524.69mg

(22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Vitamin C: 59.72mg (72.38%), Selenium: 38.13µg (54.47%), Vitamin K: 45.27µg (43.12%), Vitamin A: 1637.37IU (32.75%), Manganese: 0.59mg (29.67%), Phosphorus: 170.18mg (17.02%), Vitamin B6: 0.28mg (13.98%), Fiber: 3.23g (12.9%), Vitamin B2: 0.2mg (11.49%), Magnesium: 41.1mg (10.27%), Folate: 40.44µg (10.11%), Vitamin E: 1.51mg (10.08%), Copper: 0.19mg (9.71%), Calcium: 95.07mg (9.51%), Zinc: 1.36mg (9.06%), Vitamin B3: 1.59mg (7.93%), Potassium: 257.33mg (7.35%), Iron: 1.25mg (6.95%), Vitamin B1: 0.1mg (6.93%), Vitamin B5: 0.54mg (5.43%), Vitamin B12: 0.24µg (3.99%)