



Goat Cheese and Arugula Over Penne

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arugula coarsely chopped
- ☐ 1 cup cherry tomatoes quartered
- ☐ 2 teaspoons garlic minced
- ☐ 5.5 ounces goat cheese
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 8 ounces penne pasta
- ☐ 0.5 teaspoon salt

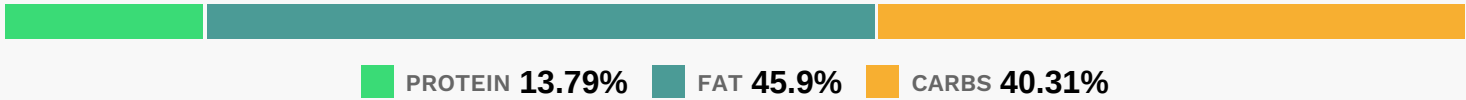
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling salted water until al dente.
- ☐ Crumble goat cheese into a large serving bowl.
- ☐ Add arugula, cherry tomatoes, olive oil, garlic, and salt and pepper.
- ☐ Drain pasta, and toss with goat cheese mixture.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:11.5, Inflammation Score:-5, Nutrition Score:8.9730435143346%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 296.45kcal (14.82%), Fat: 15.13g (23.28%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 28.35g (10.31%), Sugar: 2.01g (2.23%), Cholesterol: 11.95mg (3.98%), Sodium: 296.61mg (12.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Selenium: 24.91µg (35.59%), Manganese: 0.46mg (22.93%), Copper: 0.33mg (16.43%), Phosphorus: 150.18mg (15.02%), Vitamin K: 14.18µg (13.5%), Vitamin A: 549.08IU (10.98%), Vitamin E: 1.55mg (10.36%), Vitamin C: 6.97mg (8.45%), Vitamin B2: 0.13mg (7.88%), Vitamin B6: 0.16mg (7.8%), Magnesium: 30.1mg (7.52%), Iron: 1.34mg (7.43%), Fiber: 1.55g (6.21%), Calcium: 60.48mg (6.05%), Zinc: 0.85mg (5.68%), Potassium: 176.14mg (5.03%), Folate: 19.68µg (4.92%), Vitamin B3: 0.92mg (4.58%), Vitamin B1: 0.07mg (4.42%), Vitamin B5: 0.41mg (4.09%)