



Greek Fettuccine

READY IN



25 min.

SERVINGS



4

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup feta cheese crumbled
- 1 tablespoon mint leaves fresh chopped
- 1 pinch pepper black to taste
- 16 ounce nests of spinach fettuccine
- 1.5 cups tomatoes fresh chopped

Equipment

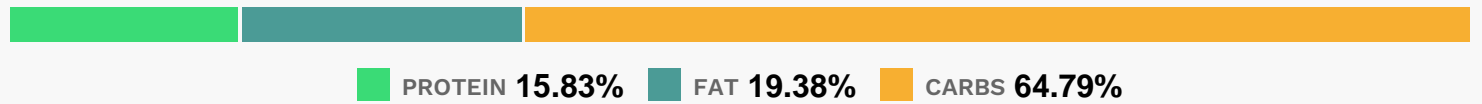
- bowl
- sauce pan

- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the fettuccine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Place the tomatoes, mint, and black olives (if using) into a saucepan over medium-low heat, and bring to a bare simmer. Stir in the feta cheese, and allow to melt slightly.
- Place the spinach fettuccine into a serving bowl, and toss with the tomato mixture. Season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:34.78, Inflammation Score:-7, Nutrition Score:20.208695722663%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 520.98kcal (26.05%), Fat: 11.21g (17.24%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 84.29g (28.1%), Net Carbohydrates: 79.77g (29.01%), Sugar: 3.6g (4%), Cholesterol: 120.29mg (40.1%), Sodium: 347.62mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.8%), Selenium: 93.58µg (133.68%), Manganese: 1.06mg (52.95%), Phosphorus: 382.43mg (38.24%), Vitamin B2: 0.35mg (20.79%), Zinc: 3.1mg (20.64%), Vitamin B6: 0.41mg (20.53%), Magnesium: 78.3mg (19.58%), Copper: 0.38mg (19.16%), Calcium: 187.08mg (18.71%), Fiber: 4.52g (18.08%), Vitamin B1: 0.26mg (17.19%), Vitamin B3: 3.01mg (15.07%), Iron: 2.55mg (14.19%), Vitamin A: 707.67IU (14.15%), Vitamin B5: 1.36mg (13.6%), Vitamin B12: 0.8µg (13.4%), Folate: 51.7µg (12.92%), Potassium: 434mg (12.4%), Vitamin C: 8.05mg (9.76%), Vitamin K: 5.53µg (5.27%), Vitamin E: 0.77mg (5.15%), Vitamin D:

0.45µg (3.02%)