



Greek Spaghetti with Tomatoes and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups pasta like spaghetti hot cooked uncooked thin (8 ounces pasta)
- 4 ounces feta cheese divided crumbled
- 0.3 cup parsley fresh divided chopped
- 1 large garlic clove minced
- 0.5 cup green onions sliced
- 2 tablespoons juice of lemon
- 2 teaspoons olive oil
- 1 teaspoon oregano dried

4 servings pepper freshly ground

3 cups tomatoes diced

Equipment

frying pan

Directions

Heat oil in a large nonstick skillet over medium-high heat.

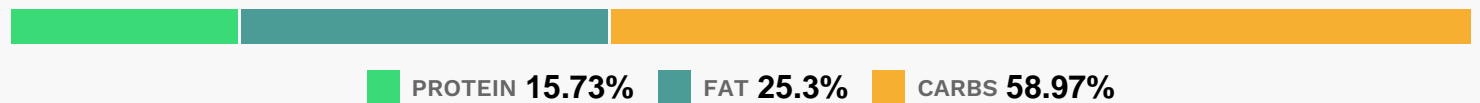
Add oregano and garlic; saut 30 seconds.

Add tomatoes, green onions, 2 tablespoons parsley, and lemon juice; cook 2 minutes or until thoroughly heated.

Combine tomato mixture, spaghetti, and 3/4 cup cheese; toss gently. Top with remaining cheese and parsley, and serve with pepper.

Garnish with lemon slices and green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:61.13, Glycemic Load:21.49, Inflammation Score:-9, Nutrition Score:19.945651956227%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 343.81kcal (17.19%), Fat: 9.72g (14.95%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 46.39g (16.87%), Sugar: 4.26g (4.74%), Cholesterol: 25.23mg (8.41%), Sodium: 334.66mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Vitamin K: 101.2µg (96.38%), Selenium: 41.43µg (59.19%), Manganese: 0.66mg (33.16%), Vitamin C: 25.8mg (31.27%), Vitamin A: 1500.61IU (30.01%), Phosphorus: 213mg (21.3%), Calcium: 185.17mg (18.52%), Fiber: 4.59g (18.34%), Vitamin B2: 0.31mg (18.06%), Iron:

2.92mg (16.22%), Vitamin B6: 0.31mg (15.37%), Folate: 52.06µg (13.01%), Magnesium: 49.41mg (12.35%), Zinc: 1.84mg (12.24%), Copper: 0.24mg (11.95%), Potassium: 417.68mg (11.93%), Vitamin B1: 0.13mg (8.49%), Vitamin B3: 1.66mg (8.28%), Vitamin E: 1.23mg (8.18%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.58mg (5.75%)