



## Greek-Style Penne with Fresh Tomatoes, Feta, and Dill

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 7 ounces feta cheese crumbled
- 0.3 cup optional: dill fresh chopped
- 6 tablespoons parsley fresh chopped
- 1 cup spring onion chopped (white and pale green parts only)
- 0.3 cup olive oil extra virgin extra-virgin
- 12 ounces penne pasta
- 2 pounds tomatoes halved seeded chopped

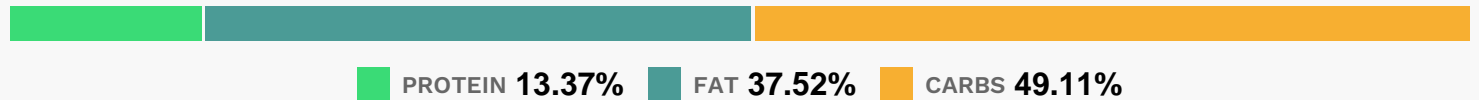
# Equipment

- bowl
- pot

# Directions

- Mix first 6 ingredients in large bowl. Set tomato mixture aside.
- Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- Drain.
- Add hot pasta to tomato mixture and toss to coat. Season to taste with salt and pepper and serve.

# Nutrition Facts



# Properties

Glycemic Index:31, Glycemic Load:19.22, Inflammation Score:-9, Nutrition Score:22.723043415857%

# Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

# Nutrients (% of daily need)

Calories: 412.39kcal (20.62%), Fat: 17.35g (26.7%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 51.12g (17.04%), Net Carbohydrates: 46.88g (17.05%), Sugar: 5.91g (6.57%), Cholesterol: 29.44mg (9.81%), Sodium: 394.29mg (17.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Vitamin K: 118.11µg (112.49%), Selenium: 40.9µg (58.43%), Vitamin A: 2053.32IU (41.07%), Manganese: 0.76mg (37.97%), Vitamin C: 30.83mg (37.37%), Phosphorus: 264.69mg (26.47%), Vitamin B2: 0.36mg (21.47%), Calcium: 211.77mg (21.18%), Vitamin B6: 0.36mg (17.95%), Fiber: 4.24g (16.94%), Potassium: 587.99mg (16.8%), Folate: 63.15µg (15.79%), Vitamin E: 2.36mg (15.71%), Magnesium: 59.38mg (14.84%), Copper: 0.29mg (14.32%), Zinc: 2.13mg (14.23%), Vitamin B3: 2.36mg (11.8%), Vitamin B1: 0.17mg (11.44%), Iron: 2.03mg (11.3%), Vitamin B12: 0.56µg (9.32%), Vitamin B5: 0.74mg (7.35%)