



## Linguine with Red Bell Peppers and Kalamata Olives

READY IN



20 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.3 cups basil fresh divided chopped
- 3 large garlic clove pressed
- 16 kalamata olives pitted quartered
- 8 ounces pasta
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 cup parmesan cheese finely grated for passing
- 14 ounces bell pepper red stemmed seeded cut into 1/3-inch cubes
- 0.3 teaspoon pepper dried red generous crushed ()

1 tablespoon balsamic vinegar white

## Equipment

pot

## Directions

Cook pasta in large pot of boiling salted water until just tender but still firm to bite.

Drain, reserving 1 cup cooking liquid.

Meanwhile, heat oil in large nonstick skillet over medium-high heat.

Add bell peppers, olives, garlic, and crushed red pepper. Sauté until bell peppers are tender, 4 to 5 minutes.

Add pasta, 1/2 cup reserved pasta cooking liquid, 1 cup basil, 1 cup cheese, and vinegar. Toss until sauce coats pasta, adding more reserved cooking liquid by 1/4 cupfuls if dry, about 1 minute. Season to taste with salt and pepper.

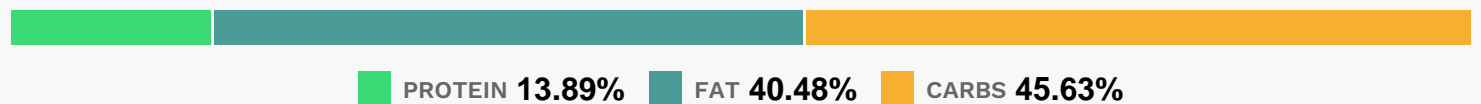
Transfer to bowl.

Sprinkle with remaining 1/4 cup basil and serve, passing additional cheese.

Per serving: 476 calories, 22 g fat, 5 g fiber

Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index: 56, Glycemic Load: 18.87, Inflammation Score: -10, Nutrition Score: 24.73695643311%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 466.37kcal (23.32%), Fat: 21.18g (32.58%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 49.08g (17.85%), Sugar: 6.44g (7.15%), Cholesterol: 21.75mg (7.25%), Sodium: 698.33mg (30.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.71%), Vitamin C: 129.06mg (156.43%), Vitamin A: 3818.7IU (76.37%), Selenium: 45.19µg (64.56%), Vitamin K: 43.18µg (41.13%), Manganese: 0.78mg (39.17%), Phosphorus: 300.88mg (30.09%), Calcium: 267.12mg (26.71%), Vitamin E: 3.99mg (26.59%), Vitamin B6: 0.44mg (21.83%), Fiber: 4.64g (18.55%), Folate: 63.03µg (15.76%), Zinc: 2.23mg (14.88%), Magnesium: 58.5mg (14.62%), Vitamin B2: 0.22mg (12.65%), Copper: 0.25mg (12.39%), Potassium: 426.69mg (12.19%), Vitamin B3: 2.09mg (10.45%), Iron: 1.74mg (9.67%), Vitamin B1: 0.12mg (8.14%), Vitamin B5: 0.67mg (6.74%), Vitamin B12: 0.34µg (5.63%)