



WHATSheATE



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

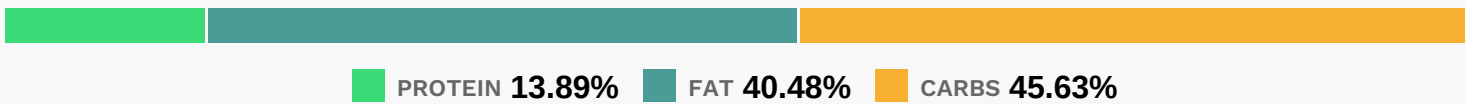
Equipment

☐ pot

Directions

- ☐ Cook pasta in large pot of boiling saltedwater until just tender but still firm to bite.
- ☐ Drain, reserving 1 cup cooking liquid.
- ☐ Meanwhile, heat oil in large nonstickskillet over medium-high heat.
- ☐ Add bellpeppers, olives, garlic, and crushed redpepper. Sauté until bell peppers are tender,4 to 5 minutes.
- ☐ Add pasta, 1/2 cup reservedpasta cooking liquid, 1 cup basil, 1 cupcheese, and vinegar. Toss until sauce coatspasta, adding more reserved cooking liquidby 1/4 cupfuls if dry, about 1 minute. Season to taste with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle with remaining 1/4 cup basiland 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

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: Og (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%)