



Linguine With Sun-Dried Tomatoes

 Vegetarian

READY IN



26 min.

SERVINGS



6

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons basil strips fresh thin
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 oz feta cheese crumbled
- ☐ 3 garlic cloves minced
- ☐ 16 oz pasta
- ☐ 0.3 cup pinenuts
- ☐ 7 oz sun-dried tomatoes in oil

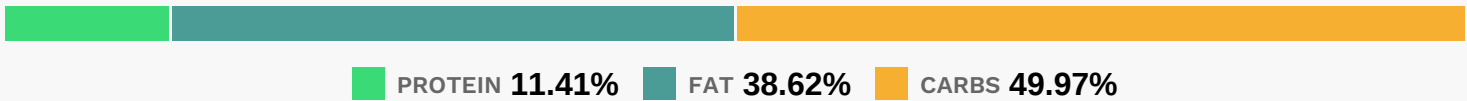
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Prepare linguine according to package directions.
- ☐ Drain tomatoes, reserving 2 Tbsp. oil.
- ☐ Cut tomatoes into thin strips.
- ☐ Heat pine nuts in a large nonstick skillet over medium-low heat, stirring often, 5 minutes or until toasted and fragrant.
- ☐ Remove nuts from skillet.
- ☐ Increase heat to medium, and saut garlic in 2 Tbsp. reserved oil and olive oil in skillet 1 minute or until garlic is fragrant. Stir in tomatoes, and remove from heat.
- ☐ Toss together tomato mixture, hot cooked pasta, feta cheese, and basil in a large bowl.
- ☐ Sprinkle with toasted pine nuts.
- ☐ Try This Twist!
- ☐ Linguine With Tuna and Sun-Dried Tomatoes: Prepare recipe as directed. Stir in 2 (6-oz.) aluminum foil pouches solid white tuna chunks, drained, and 1 (3-oz.) can sliced black olives, drained.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:23.04, Inflammation Score:-7, Nutrition Score:19.872173786163%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 520.81kcal (26.04%), Fat: 22.72g (34.96%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 66.15g (22.05%), Net Carbohydrates: 61.56g (22.39%), Sugar: 2.24g (2.49%), Cholesterol: 16.82mg (5.61%), Sodium: 308.54mg (13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Selenium: 51.86µg (74.09%), Manganese: 1.38mg (69.03%), Vitamin C: 34.3mg (41.58%), Phosphorus: 287.56mg (28.76%), Copper: 0.46mg (23.11%), Magnesium: 85.37mg (21.34%), Potassium: 739.57mg (21.13%), Vitamin B2: 0.35mg (20.38%), Fiber: 4.59g (18.35%), Vitamin B6: 0.32mg (15.9%), Zinc: 2.25mg (15.03%), Vitamin B3: 2.94mg (14.68%), Iron: 2.4mg (13.33%), Vitamin E: 1.94mg (12.96%), Calcium: 129.48mg (12.95%), Vitamin B1: 0.18mg (12.31%), Vitamin K: 11.66µg (11.1%), Vitamin A: 542.03IU (10.84%), Folate: 29.67µg (7.42%), Vitamin B5: 0.69mg (6.95%), Vitamin B12: 0.32µg (5.32%)