



Mediterranean Pasta

READY IN



45 min.

SERVINGS



1

CALORIES



778 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup arugula
- 0.5 cup chickpeas
- 0.3 cup feta crumbled
- 2 teaspoons juice of lemon fresh
- 2 tablespoons olive oil extra-virgin
- 0.8 cup .5 oz. macaroni (such as penne or fusilli)

Equipment

- bowl

Directions

- Cook the pasta according to the package directions.
- Drain and rinse under cold water to cool; transfer to a bowl.
- Add the chickpeas, arugula, Feta, oil, and lemon juice and toss to combine.

Nutrition Facts



Properties

Glycemic Index:84.75, Glycemic Load:4.64, Inflammation Score:-7, Nutrition Score:25.693913045137%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 778.24kcal (38.91%), Fat: 39.47g (60.72%), Saturated Fat: 9.3g (58.14%), Carbohydrates: 83.8g (27.93%), Net Carbohydrates: 74.86g (27.22%), Sugar: 6.5g (7.22%), Cholesterol: 33.38mg (11.13%), Sodium: 441.33mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Selenium: 58.47µg (83.53%), Manganese: 1.61mg (80.53%), Folate: 178.91µg (44.73%), Phosphorus: 418.97mg (41.9%), Fiber: 8.94g (35.77%), Vitamin K: 31.79µg (30.28%), Vitamin E: 4.53mg (30.21%), Copper: 0.54mg (26.87%), Calcium: 258.47mg (25.85%), Vitamin B2: 0.43mg (25.03%), Magnesium: 93.52mg (23.38%), Zinc: 3.5mg (23.31%), Iron: 3.95mg (21.93%), Vitamin B6: 0.4mg (19.84%), Vitamin B1: 0.23mg (15.37%), Potassium: 484.96mg (13.86%), Vitamin B3: 2.18mg (10.91%), Vitamin B12: 0.63µg (10.56%), Vitamin B5: 0.99mg (9.93%), Vitamin A: 418.29IU (8.37%), Vitamin C: 6.44mg (7.8%)