



## Mediterranean Pasta with Greens

READY IN



35 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 16 ounce rotini pasta dry
- 1 clove garlic minced
- 0.5 cup olive green pitted chopped
- 0.5 cup kalamata olives pitted chopped
- 0.5 cup sun-dried olives chopped
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese fresh grated
- 1 bunch swiss chard

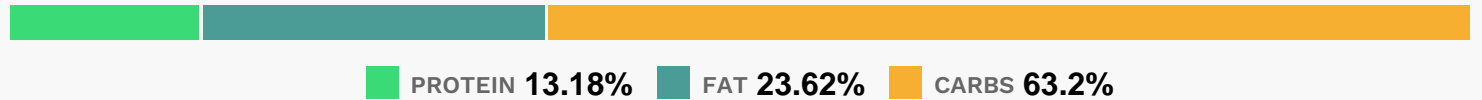
## Equipment

- bowl
- frying pan
- pot
- microwave

## Directions

- Bring a large pot of lightly salted water to a boil. Stir in pasta, cook for 10 to 12 minutes, until al dente, and drain.
- Place chard in a microwave safe bowl. Fill bowl about 1/2 full with water. Cook on High in the microwave 5 minutes, until limp; drain.
- Heat the oil in a skillet over medium heat. Stir in the sun-dried tomatoes, kalamata olives, green olives, and garlic.
- Mix in the chard. Cook and stir until tender. Toss with pasta and sprinkle with Parmesan cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:18.21, Inflammation Score:-9, Nutrition Score:18.489565218596%

## Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 304.34kcal (15.22%), Fat: 8.09g (12.45%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 44.91g (16.33%), Sugar: 4.61g (5.12%), Cholesterol: 2.72mg (0.91%), Sodium: 408.7mg (17.77%), Alcohol: 0g (100%), Protein: 10.16g (20.32%), Vitamin K: 316.67µg (301.59%), Selenium: 37.85µg (54.07%), Vitamin A: 2446.97IU (48.94%), Manganese: 0.79mg (39.65%), Magnesium: 76.81mg (19.2%), Copper: 0.35mg (17.56%),

Vitamin C: 14.06mg (17.04%), Phosphorus: 169.95mg (16.99%), Fiber: 3.82g (15.3%), Potassium: 518.75mg (14.82%),  
Vitamin E: 1.93mg (12.9%), Iron: 2.16mg (12%), Vitamin B3: 1.78mg (8.91%), Zinc: 1.22mg (8.12%), Vitamin B6: 0.15mg  
(7.64%), Calcium: 75.71mg (7.57%), Vitamin B1: 0.11mg (7.16%), Vitamin B2: 0.11mg (6.69%), Folate: 20.84µg (5.21%),  
Vitamin B5: 0.47mg (4.69%)