



Mini Farfalle with Roasted Peppers, Onions, Feta, and Mint

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 8 ounces farfalle pasta mini
- 4 ounces feta cheese crumbled
- 2 tablespoons basil fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 1 tablespoon garlic minced
- 0.3 cup golden raisins

- 1 tablespoon olive oil extra-virgin
- 1 cup prechopped onion
- 0.3 cup pinenuts
- 1 cup bottled roasted bell peppers red rinsed drained sliced

Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain pasta over a bowl; reserve 1/2 cup cooking liquid.
- While pasta cooks, heat a small nonstick skillet over medium heat.
- Add nuts; cook 4 minutes or until golden brown, stirring frequently.
- Heat a large skillet over medium heat.
- Add oil; swirl to coat.
- Add onion, raisins, and garlic; cook 8 minutes or until onion begins to brown, stirring frequently.
- Add bell peppers; cook 4 minutes or until heated, stirring occasionally.
- Add pasta and 1/2 cup reserved cooking liquid; cook 1 minute, stirring to combine.
- Remove from heat; stir in feta, mint, basil, and black pepper.
- Sprinkle with nuts.

Nutrition Facts



PROTEIN 12.74% **FAT 34%** **CARBS 53.26%**

Properties

Glycemic Index:71.17, Glycemic Load:22.23, Inflammation Score:-7, Nutrition Score:18.005217355231%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 428.15kcal (21.41%), Fat: 16.45g (25.31%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 54.11g (19.68%), Sugar: 8.9g (9.89%), Cholesterol: 25.23mg (8.41%), Sodium: 809.84mg (35.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Manganese: 1.5mg (74.82%), Selenium: 40.81µg (58.3%), Phosphorus: 285.88mg (28.59%), Vitamin C: 21.19mg (25.69%), Vitamin B2: 0.34mg (20.05%), Copper: 0.4mg (19.9%), Calcium: 193.43mg (19.34%), Vitamin B6: 0.38mg (18.91%), Magnesium: 70.99mg (17.75%), Zinc: 2.38mg (15.87%), Fiber: 3.88g (15.51%), Iron: 2.14mg (11.88%), Vitamin K: 12.09µg (11.51%), Potassium: 398.39mg (11.38%), Vitamin B1: 0.16mg (10.65%), Vitamin B3: 2.02mg (10.12%), Folate: 39.23µg (9.81%), Vitamin E: 1.43mg (9.56%), Vitamin A: 464.7IU (9.29%), Vitamin B12: 0.48µg (7.99%), Vitamin B5: 0.64mg (6.44%)