



Mixed-Herb Pasta with Red Bell Peppers and Feta

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



790 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cooking wine dry white
- ☐ 7 ounces feta cheese crumbled
- ☐ 1.5 cups herbs mixed fresh coarsely chopped (such as basil, parsley, tarragon, mint, and sage)
- ☐ 4 large garlic cloves minced
- ☐ 5 tablespoons olive oil
- ☐ 2 large bell peppers red cut into thin strips
- ☐ 1 pound spaghetti

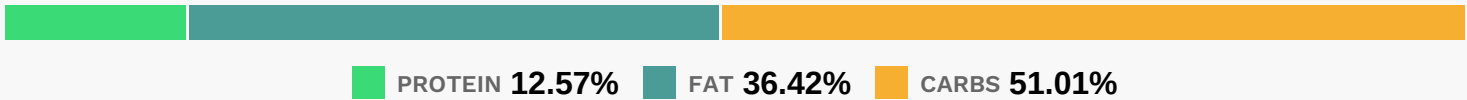
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in heavy large skillet over high heat.
- ☐ Add peppers and cook until crisp-tender, stirring frequently, about 3 minutes.
- ☐ Add garlic; sauté 1 minute.
- ☐ Add wine; boil until reduced by 1/3, about 2 minutes.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1/2 cup cooking liquid. Return pasta and reserved cooking liquid to pot.
- ☐ Add pepper mixture, herbs, and cheese. Toss gently but thoroughly until cheese begins to melt. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:36.32, Inflammation Score:-10, Nutrition Score:37.14608691568%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg, Apigenin: 48.49mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 3.39mg, Myricetin: 3.39mg, Myricetin: 3.39mg, Myricetin: 3.39mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 789.97kcal (39.5%), Fat: 30.32g (46.64%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 95.52g (31.84%), Net Carbohydrates: 89.36g (32.5%), Sugar: 7.27g (8.08%), Cholesterol: 44.15mg (14.72%), Sodium: 592.12mg (25.74%), Alcohol: 6.18g (100%), Alcohol %: 2.25% (100%), Protein: 23.54g (47.09%), Vitamin K: 384.85µg (366.52%), Vitamin C: 135.82mg (164.63%), Selenium: 79.7µg (113.86%), Vitamin A: 4672.45IU (93.45%), Manganese: 1.3mg (65.1%), Phosphorus: 431.27mg (43.13%), Vitamin B6: 0.7mg (34.87%), Vitamin B2: 0.59mg (34.75%), Calcium: 316.19mg (31.62%), Vitamin E: 4.2mg (28.01%), Folate: 108.9µg (27.22%), Fiber: 6.16g (24.62%), Magnesium: 97.37mg (24.34%), Zinc: 3.58mg (23.87%), Iron: 3.86mg (21.42%), Copper: 0.4mg (20.12%), Potassium: 636.11mg (18.17%), Vitamin B3: 3.6mg (18.01%), Vitamin B1: 0.25mg (16.74%), Vitamin B12: 0.84µg (13.97%), Vitamin B5: 1.36mg (13.63%), Vitamin D: 0.2µg (1.32%)