



## Mostaccioli with Spinach and Feta

 Vegetarian

READY IN



25 min.

SERVINGS



25

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 oz athenos feta cheese with basil & tomato, crumbled
- 0.5 cup green onions chopped
- 8 oz mostaccioli pasta uncooked
- 2 Tbsp olive oil
- 4 cups pkt spinach fresh washed
- 3 cups tomatoes chopped

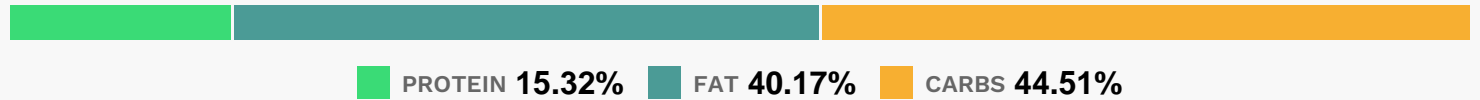
### Equipment

- frying pan

## Directions

- Cook pasta as directed on package; drain. Return to pan.
- Add tomatoes, spinach, onions and oil; mix lightly. Cook 2 minutes or until spinach is wilted and mixture is thoroughly heated, stirring occasionally.
- Add feta cheese; cook 1 minute. Stir.

## Nutrition Facts



## Properties

Glycemic Index:6.84, Glycemic Load:3.05, Inflammation Score:-5, Nutrition Score:5.0639130440743%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 72.56kcal (3.63%), Fat: 3.27g (5.02%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.48g (2.72%), Sugar: 0.78g (0.87%), Cholesterol: 8.07mg (2.69%), Sodium: 108.99mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin K: 29.58µg (28.17%), Vitamin A: 657.26IU (13.15%), Selenium: 7.15µg (10.22%), Manganese: 0.15mg (7.62%), Vitamin B2: 0.1mg (5.65%), Phosphorus: 55.1mg (5.51%), Calcium: 54.62mg (5.46%), Vitamin C: 4.17mg (5.06%), Folate: 17.81µg (4.45%), Vitamin B6: 0.08mg (3.81%), Magnesium: 12.69mg (3.17%), Zinc: 0.45mg (3.02%), Potassium: 100.55mg (2.87%), Fiber: 0.66g (2.65%), Vitamin E: 0.39mg (2.62%), Vitamin B12: 0.15µg (2.56%), Copper: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.24%), Iron: 0.39mg (2.17%), Vitamin B3: 0.4mg (1.98%), Vitamin B5: 0.15mg (1.47%)