



Mostaccioli with Spinach and Feta

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces tomato basil feta cheese
- 1 clove garlic minced
- 6 servings ground pepper black to taste
- 2 tablespoons olive oil
- 8 ounces penne pasta
- 6 servings salt to taste
- 10 ounces pkt spinach fresh washed and chopped
- 3 cups tomatoes chopped

Equipment

pot

Directions

- Cook pasta according to package directions.
- Drain, and set aside.
- Heat oil in a large pot.
- Add tomatoes, spinach, and garlic; cook and stir 2 minutes, or until spinach is wilted and mixture is thoroughly heated.
- Add pasta and cheese; cook 1 minute. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:12.78, Inflammation Score:-10, Nutrition Score:25.05956520205%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 306.93kcal (15.35%), Fat: 13.7g (21.08%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 31.36g (11.4%), Sugar: 3.17g (3.53%), Cholesterol: 33.64mg (11.21%), Sodium: 668.22mg (29.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.69%), Vitamin K: 237.8µg (226.48%), Vitamin A: 5211.25IU (104.22%), Manganese: 0.89mg (44.38%), Selenium: 30.11µg (43.01%), Folate: 121.77µg (30.44%), Vitamin C: 23.64mg (28.65%), Vitamin B2: 0.45mg (26.23%), Calcium: 250.03mg (25%), Phosphorus: 240.78mg (24.08%), Vitamin B6: 0.37mg (18.61%), Magnesium: 73.04mg (18.26%), Potassium: 551.36mg (15.75%), Vitamin E: 2.14mg (14.3%), Zinc: 2.01mg (13.37%), Fiber: 3.18g (12.72%), Iron: 2.26mg (12.58%), Copper: 0.23mg (11.48%), Vitamin B12: 0.64µg (10.65%), Vitamin B1: 0.16mg (10.52%), Vitamin B3: 1.81mg (9.03%), Vitamin B5: 0.63mg (6.3%), Vitamin D: 0.15µg (1.01%)