



Mostaccioli with Sun-Dried Tomato Pesto

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 oz mostaccioli pasta uncooked
- 0.3 cup sun-dried olives drained
- 0.3 cup mint leaves dried fresh packed
- 2 tablespoons walnut pieces chopped
- 2 tablespoons tomato paste
- 1 tablespoon vegetable oil
- 1 teaspoon juice of lemon
- 0.5 teaspoon pepper

- 1 clove garlic
- 0.5 cup feta cheese crumbled

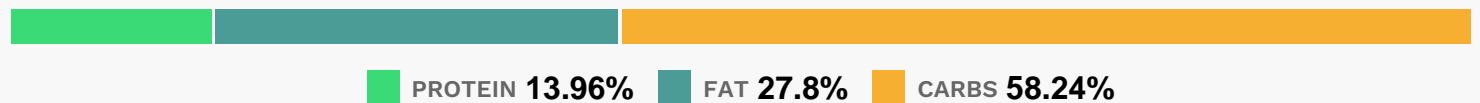
Equipment

- food processor
- bowl
- blender

Directions

- Cook and drain pasta as directed on package.
- Meanwhile, in food processor or blender, place remaining ingredients except cheese. Cover and process until mixture is almost smooth.
- In large bowl, toss pasta, tomato mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:14.16, Inflammation Score:-4, Nutrition Score:10.363478363856%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 255.53kcal (12.78%), Fat: 8g (12.31%), Saturated Fat: 2.37g (4.81%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 34.96g (12.71%), Sugar: 4.2g (4.66%), Cholesterol: 11.13mg (3.71%), Sodium: 194.5mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.08%), Selenium: 29.61µg (42.3%), Manganese: 0.69mg (34.4%), Phosphorus: 162.68mg (16.27%), Copper: 0.3mg (14.81%), Magnesium: 46.24mg (11.56%), Potassium: 396.72mg (11.33%), Fiber: 2.76g (11.04%), Vitamin B2: 0.18mg (10.59%), Calcium: 88.71mg (8.87%), Iron: 1.57mg (8.7%), Vitamin B6: 0.17mg (8.63%), Zinc: 1.25mg (8.31%), Vitamin B3: 1.64mg (8.2%), Vitamin K: 8.04µg (7.66%),

Vitamin B1: 0.11mg (7.15%), Vitamin C: 4.68mg (5.67%), Folate: 22.06µg (5.52%), Vitamin A: 268.82IU (5.38%),
Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.21µg (3.52%), Vitamin E: 0.51mg (3.41%)