



## No-Time Pesto Pasta

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup classico basil pesto sauce and spread traditional
- 0.5 cup athenos feta cheese with basil & tomato crumbled
- 3 cups penne rigate pasta uncooked
- 0.5 cup roasted peppers red chopped

### Equipment

- frying pan

## Directions

- Cook pasta as directed on package, omitting salt.
- Drain; return to pan.
- Add pesto and peppers; cook and stir on low heat 3 to 5 min. or until heated through.
- Stir in cheese.

## Nutrition Facts



## Properties

Glycemic Index:2.3, Glycemic Load:3.4, Inflammation Score:-1, Nutrition Score:1.8021739091238%

## Nutrients (% of daily need)

Calories: 64.78kcal (3.24%), Fat: 2.24g (3.45%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.46g (3.08%), Sugar: 0.43g (0.48%), Cholesterol: 2.56mg (0.85%), Sodium: 99.76mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Selenium: 7.49µg (10.7%), Manganese: 0.11mg (5.38%), Phosphorus: 30.15mg (3.02%), Calcium: 22.3mg (2.23%), Vitamin A: 106.01IU (2.12%), Copper: 0.04mg (1.82%), Fiber: 0.45g (1.82%), Vitamin B2: 0.03mg (1.68%), Magnesium: 6.69mg (1.67%), Zinc: 0.23mg (1.57%), Vitamin B6: 0.03mg (1.54%), Vitamin C: 1.09mg (1.32%), Iron: 0.21mg (1.14%), Vitamin B3: 0.23mg (1.14%)