



WHATSheATE



HEALTH SCORE

73%

Pasta with Asiago Cheese and Spinach



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 ounces asiago cheese grated
- ☐ 6 cups cavatappi hot cooked uncooked (12 ounces ridged, spiral pasta)
- ☐ 2 garlic clove crushed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 ounces parmesan fresh finely grated
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 10 ounce pkt spinach fresh

- ☐ 2 cups sun-dried olives packed
- ☐ 3 cups water boiling

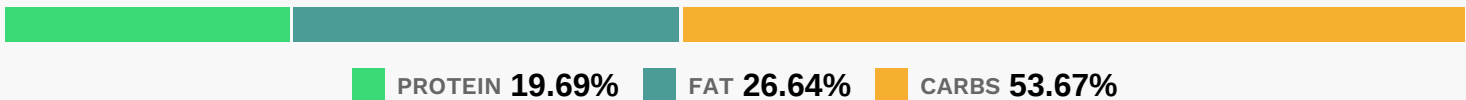
Equipment

- ☐ bowl

Directions

- ☐ Combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes.
- ☐ Drain and chop.
- ☐ Combine tomatoes, oil, salt, pepper, and garlic in a large bowl.
- ☐ Add pasta and spinach; toss gently.
- ☐ Sprinkle with cheeses; toss gently.

Nutrition Facts



Properties

Glycemic Index:28.31, Glycemic Load:16.4, Inflammation Score:-10, Nutrition Score:26.330869646176%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 319.93kcal (16%), Fat: 9.86g (15.16%), Saturated Fat: 3.69g (23.04%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 38.89g (14.14%), Sugar: 11.13g (12.37%), Cholesterol: 12.05mg (4.02%), Sodium: 383.13mg (16.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.78%), Vitamin K: 185.46µg (176.63%), Vitamin A: 3701.89IU (74.04%), Manganese: 1.13mg (56.47%), Selenium: 29.23µg (41.75%), Potassium: 1199.53mg (34.27%), Phosphorus: 290.54mg (29.05%), Calcium: 285.5mg (28.55%), Copper: 0.55mg (27.36%), Magnesium: 106.13mg (26.53%), Iron: 4.77mg (26.49%), Vitamin C: 20.97mg (25.42%), Folate: 94.88µg (23.72%), Fiber: 5.77g (23.09%), Vitamin B2: 0.28mg (16.4%), Vitamin B3: 3.15mg (15.76%), Vitamin B1: 0.2mg (13.26%), Vitamin B6: 0.23mg (11.45%), Zinc: 1.69mg (11.27%), Vitamin E: 1.32mg (8.79%), Vitamin B5: 0.78mg (7.81%), Vitamin B12: 0.21µg (3.54%)