



Pasta with Basil, Tomatoes, and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup basil fresh chopped
- ☐ 4 oz feta cheese crumbled
- ☐ 2 cloves garlic minced peeled
- ☐ 3 tablespoons olive oil
- ☐ 12 ounces penne pasta dried
- ☐ 6 servings salt and pepper
- ☐ 1.5 pounds tomatoes ripe

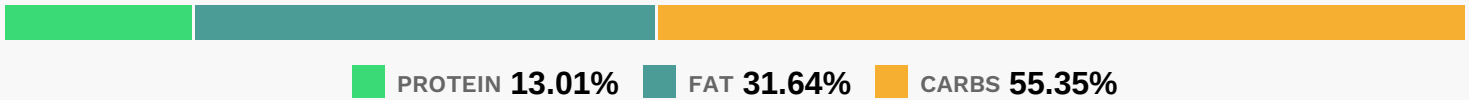
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 4- to 5-quart pan over high heat, bring 2 quarts water to a boil.
- ☐ Add pasta and cook, stirring occasionally, until tender to bite, about 10 minutes.
- ☐ Drain.
- ☐ Meanwhile, rinse, core, seed, and chop tomatoes. In a large bowl, mix tomatoes, basil, 1/2 cup feta, garlic, and olive oil.
- ☐ Add hot cooked pasta and mix well.
- ☐ Add salt and pepper to taste.
- ☐ Sprinkle with remaining 1/4 cup feta.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:18.5, Inflammation Score:-8, Nutrition Score:14.859565175098%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 345.14kcal (17.26%), Fat: 12.18g (18.73%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 44.66g (16.24%), Sugar: 4.52g (5.02%), Cholesterol: 16.82mg (5.61%), Sodium: 418.79mg (18.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.53%), Selenium: 38.82µg (55.46%), Manganese: 0.72mg (35.88%), Vitamin K: 30.19µg (28.75%), Vitamin A: 1235.45IU (24.71%), Phosphorus: 201.84mg (20.18%), Vitamin C: 16.57mg (20.08%), Vitamin B6: 0.27mg (13.5%), Fiber: 3.26g (13.04%), Vitamin B2: 0.22mg (12.9%), Copper: 0.26mg (12.77%), Calcium: 125.5mg (12.55%), Magnesium: 48.93mg (12.23%), Potassium: 422.83mg (12.08%), Vitamin E: 1.75mg (11.66%), Zinc: 1.58mg (10.54%), Vitamin B3: 1.87mg (9.34%), Folate: 36.01µg (9%), Vitamin B1: 0.13mg (8.36%), Iron: 1.35mg (7.5%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.32µg (5.32%)