



Pasta with Caramelized Onions, Tomatoes, Parsley, and Olives

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup olive oil extra virgin divided
- 0.5 cup feta cheese crumbled
- 3 tablespoons parsley fresh chopped
- 0.3 cup kalamata olives pitted halved
- 16 ounce penne pasta
- 2 cups plum tomatoes seeded chopped

4 cups onion red thinly sliced

0.5 teaspoon salt

Equipment

frying pan

pot

Directions

Bring a large pot of lightly salted water to a boil over medium-high heat.

Add pasta, and cook according to package directions; drain.

Meanwhile, heat 2 tablespoons oil in a large skillet over medium-high heat.

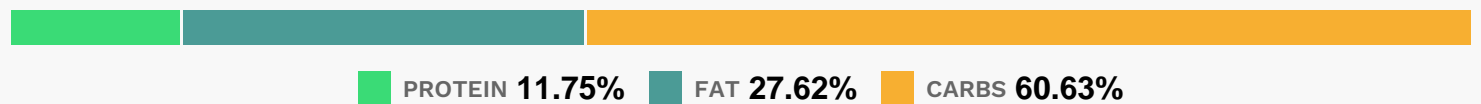
Add onions and cook, stirring occasionally, 12 minutes or until onions are golden and very tender. Stir in tomatoes, and cook 2 to 3 minutes or until tomatoes start to wilt.

Add olives; cook 30 seconds. Stir in pasta and remaining 2 tablespoons oil; cook, stirring constantly, about 1 minute or until mixture is heated through.

Remove from heat, and stir in cheese, parsley, salt, and pepper.

Serve pasta hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:38.79, Inflammation Score:-9, Nutrition Score:27.131304471389%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 33.17mg, Quercetin: 33.17mg, Quercetin: 33.17mg, Quercetin: 33.17mg

Nutrients (% of daily need)

Calories: 692.73kcal (34.64%), Fat: 21.39g (32.91%), Saturated Fat: 5.01g (31.28%), Carbohydrates: 105.65g (35.22%), Net Carbohydrates: 97.38g (35.41%), Sugar: 13.01g (14.46%), Cholesterol: 16.69mg (5.56%), Sodium: 701.03mg (30.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.94%), Selenium: 75.39µg (107.7%), Manganese: 1.41mg (70.39%), Vitamin K: 68.13µg (64.88%), Vitamin C: 32.04mg (38.83%), Phosphorus: 354.69mg (35.47%), Fiber: 8.27g (33.08%), Vitamin A: 1365.33IU (27.31%), Vitamin B6: 0.53mg (26.69%), Copper: 0.49mg (24.29%), Magnesium: 95.63mg (23.91%), Potassium: 801.66mg (22.9%), Vitamin E: 3.23mg (21.5%), Folate: 79.47µg (19.87%), Zinc: 2.65mg (17.67%), Calcium: 175.74mg (17.57%), Vitamin B2: 0.3mg (17.41%), Vitamin B1: 0.25mg (16.89%), Vitamin B3: 3.07mg (15.35%), Iron: 2.58mg (14.35%), Vitamin B5: 0.99mg (9.88%), Vitamin B12: 0.32µg (5.28%)