



Pasta with Grilled Vegetables and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounce cherry tomatoes
- 10.5 ounce feta cheese cubes with herbs and spices in oil
- 2 tablespoons oregano fresh divided chopped
- 1 pound penne pasta (long oval shells)
- 1 large onion red with some root left intact halved cut into 3/4-inch-thick wedges
- 3 bell peppers red yellow seeded cut into 3/4-inch-thick strips (1, 1 orange, and 1)

Equipment

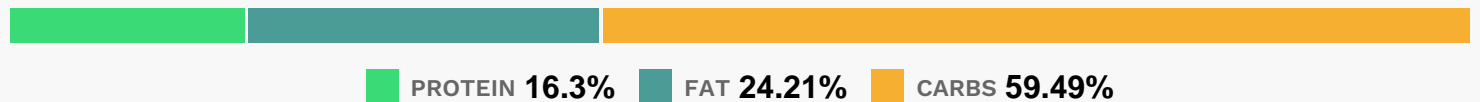
- bowl

- pot
- grill
- skewers

Directions

- Prepare barbecue (medium-high heat).
- Drain all marinade from feta cheese into large bowl.
- Add bell pepper strips, onion wedges, and cherry tomatoes to marinade in bowl; sprinkle with salt and pepper and toss to coat. Thread cherry tomatoes on skewers. Grill all vegetables until tender and slightly charred, about 15 minutes for onion wedges, 10 minutes for bell pepper strips, and 5 minutes for cherry tomatoes. Return vegetables to same bowl.
- Sprinkle with 1 1/2 tablespoons oregano; toss to blend.
- Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally; drain.
- Add pasta and feta cheese to bowl with grilled vegetables; toss to coat. Season to taste with salt and pepper.
- Sprinkle with remaining 1/2 tablespoon oregano and serve.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:24.36, Inflammation Score:-10, Nutrition Score:26.017391178919%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 449.37kcal (22.47%), Fat: 12.14g (18.67%), Saturated Fat: 6.88g (43.03%), Carbohydrates: 67.1g (22.37%), Net Carbohydrates: 62.01g (22.55%), Sugar: 6.77g (7.53%), Cholesterol: 44.15mg (14.72%), Sodium: 579.88mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Vitamin C: 90.48mg (109.68%),

Selenium: 55.73µg (79.61%), Vitamin A: 2378.28IU (47.57%), Manganese: 0.94mg (47.01%), Phosphorus: 349.2mg (34.92%), Vitamin B2: 0.54mg (31.82%), Calcium: 301.7mg (30.17%), Vitamin B6: 0.57mg (28.75%), Fiber: 5.09g (20.34%), Zinc: 2.8mg (18.66%), Folate: 71.66µg (17.91%), Magnesium: 68.07mg (17.02%), Copper: 0.3mg (15.23%), Vitamin K: 15.91µg (15.15%), Iron: 2.6mg (14.44%), Potassium: 496.26mg (14.18%), Vitamin B12: 0.84µg (13.97%), Vitamin B1: 0.21mg (13.89%), Vitamin B3: 2.76mg (13.8%), Vitamin E: 1.74mg (11.59%), Vitamin B5: 1.11mg (11.05%), Vitamin D: 0.2µg (1.32%)