



WHATShEATE



Pasta with Kalamata Olives and Roasted Cherry Tomato Sauce



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup capers drained
- ☐ 2.5 pounds cherry tomatoes halved
- ☐ 1 pound farfalle pasta (bow-tie)
- ☐ 1.3 cups feta cheese crumbled
- ☐ 5 garlic clove minced
- ☐ 0.5 cup kalamata olives black pitted halved

- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon pepper dried red crushed

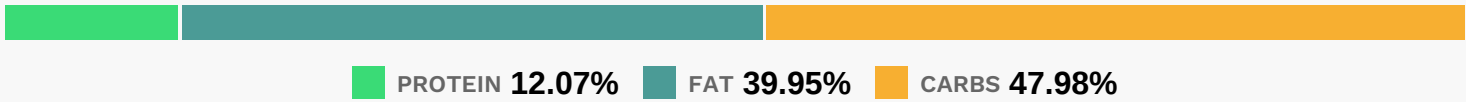
Equipment

- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Position rack in center of oven and preheat to 375°F.
- ☐ Combine tomatoes, oil, garlic, vinegar, and crushed red pepper in 13x9x2-inch glass baking dish. Season to taste with salt and pepper. Roast until tomatoes are tender and juicy, stirring occasionally, about 45 minutes. Stir in oregano. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain. Return to pot.
- ☐ Add tomato mixture, olives, and capers. Stir over medium heat until heated through, about 2 minutes.
- ☐ Add feta and stir until melted and creamy, about 2 minutes. Divide pasta among 6 plates; sprinkle with pine nuts and serve.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:23.51, Inflammation Score:-10, Nutrition Score:25.814347684383%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.95mg, Quercetin: 13.95mg, Quercetin: 13.95mg, Quercetin: 13.95mg

Nutrients (% of daily need)

Calories: 572.16kcal (28.61%), Fat: 25.83g (39.74%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 69.81g (23.27%), Net Carbohydrates: 64.11g (23.31%), Sugar: 7.55g (8.39%), Cholesterol: 27.81mg (9.27%), Sodium: 762.36mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.12%), Manganese: 1.57mg (78.63%), Selenium: 54.12µg (77.32%), Vitamin C: 44.29mg (53.68%), Phosphorus: 342.92mg (34.29%), Vitamin K: 33.81µg (32.2%), Vitamin E: 4.43mg (29.56%), Copper: 0.51mg (25.5%), Calcium: 245.96mg (24.6%), Vitamin A: 1179.43IU (23.59%), Vitamin B2: 0.39mg (23.01%), Vitamin B6: 0.46mg (22.92%), Fiber: 5.7g (22.8%), Iron: 4.02mg (22.35%), Magnesium: 88.6mg (22.15%), Potassium: 687.45mg (19.64%), Zinc: 2.72mg (18.15%), Vitamin B3: 3.06mg (15.32%), Folate: 58.13µg (14.53%), Vitamin B1: 0.22mg (14.53%), Vitamin B5: 0.93mg (9.33%), Vitamin B12: 0.53µg (8.8%)