



WHATSheATE



Pasta with Sun-Dried Tomato Pesto and Feta Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil leaves loosely packed
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon bottled garlic minced
- ☐ 2 ounces feta cheese crumbled
- ☐ 9 ounce pasta fresh refrigerated
- ☐ 2 tablespoons preshredded parmesan cheese fresh
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons slivered almonds

☐ 0.8 cup oil-packed sun-dried tomato halves drained

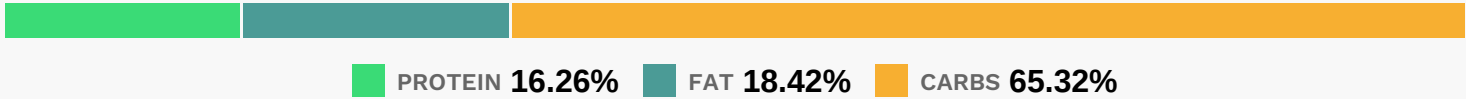
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Drain through a sieve over a bowl, reserving 1 cup cooking liquid. Return pasta to pan.
- ☐ While pasta cooks, place tomatoes and next 6 ingredients (through black pepper) in a food processor; process until finely chopped.
- ☐ Combine tomato mixture and the reserved 1 cup cooking liquid, stirring with a whisk.
- ☐ Add to pasta; toss well to coat.
- ☐ Sprinkle with feta.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:22.43, Inflammation Score:-6, Nutrition Score:18.525217428156%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 372.42kcal (18.62%), Fat: 7.8g (11.99%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 62.21g (20.74%),
Net Carbohydrates: 56.87g (20.68%), Sugar: 9.74g (10.82%), Cholesterol: 14.32mg (4.77%), Sodium: 519mg
(22.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.98%), Selenium: 44.88µg (64.12%),
Manganese: 1.18mg (59.05%), Phosphorus: 289.93mg (28.99%), Copper: 0.55mg (27.65%), Potassium: 918.6mg
(26.25%), Magnesium: 93.23mg (23.31%), Fiber: 5.34g (21.35%), Vitamin B2: 0.33mg (19.39%), Iron: 3.13mg (17.38%),
Vitamin B3: 3.32mg (16.6%), Calcium: 159.19mg (15.92%), Vitamin K: 15.72µg (14.97%), Vitamin B6: 0.28mg (13.87%),
Vitamin B1: 0.21mg (13.83%), Zinc: 2mg (13.34%), Vitamin C: 9.52mg (11.55%), Vitamin E: 1.4mg (9.33%), Vitamin B5:
0.9mg (9.04%), Folate: 33.57µg (8.39%), Vitamin A: 339.8IU (6.8%), Vitamin B12: 0.27µg (4.49%)