



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

0.8 cup sun-dried olives 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.

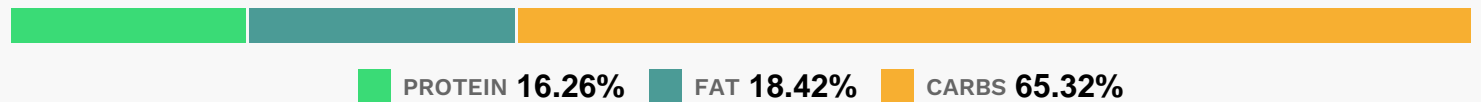
While pasta cooks, place tomatoes and next 6 ingredients (through black pepper) in a food processor; process until finely chopped.

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

## 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: 0g (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%)