



Penne with Chickpeas, Feta, and Tomatoes

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



473 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 3 cups cherry tomatoes halved
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.3 cup basil leaves fresh
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil

- ☐ 8 ounces penne pasta) (tube-shaped uncooked
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots chopped

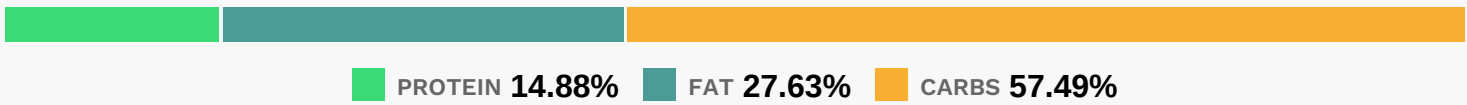
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain in a colander over a bowl, reserving 1/4 cup cooking liquid.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots and garlic; saut 45 seconds, stirring constantly. Stir in bell pepper and chickpeas; saut 2 minutes, stirring occasionally.
- ☐ Add tomatoes; saut 2 minutes. Stir in pasta and reserved cooking liquid; cook 1 minute or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Add feta and remaining ingredients; toss to combine.

Nutrition Facts



Properties

Glycemic Index:75.83, Glycemic Load:22.82, Inflammation Score:-9, Nutrition Score:25.119565064492%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 472.63kcal (23.63%), Fat: 14.74g (22.67%), Saturated Fat: 4.21g (26.28%), Carbohydrates: 68.99g (23%), Net Carbohydrates: 60.24g (21.91%), Sugar: 7.45g (8.27%), Cholesterol: 18.92mg (6.31%), Sodium: 703.91mg (30.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Manganese: 1.7mg (84.85%), Vitamin C: 53.18mg (64.46%), Selenium: 42.42µg (60.59%), Vitamin B6: 0.95mg (47.49%), Fiber: 8.75g (35%), Phosphorus: 322.53mg (32.25%), Vitamin A: 1342.97IU (26.86%), Copper: 0.46mg (23.14%), Magnesium: 83.39mg (20.85%), Potassium: 691.48mg (19.76%), Iron: 3.53mg (19.63%), Folate: 78.22µg (19.55%), Calcium: 187.14mg (18.71%), Zinc: 2.51mg (16.74%), Vitamin K: 17.47µg (16.64%), Vitamin B2: 0.28mg (16.48%), Vitamin E: 2.06mg (13.74%), Vitamin B1: 0.19mg (12.75%), Vitamin B3: 2.18mg (10.93%), Vitamin B5: 1.08mg (10.77%), Vitamin B12: 0.36µg (5.99%)