



Penne With Greek-Style Tomato Sauce

READY IN



50 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.8 ounce olives black ripe drained sliced canned
- 4 ounce feta cheese divided crumbled
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 2 tablespoons parsley fresh chopped
- 0.3 cup spring onion sliced
- 12 ounce marinated artichoke drained chopped
- 0.3 cup olive oil
- 12 ounces penne pasta uncooked

- 0.3 teaspoon pepper freshly ground
- 2 tablespoons red wine vinegar
- 0.3 teaspoon salt
- 2 teaspoons penzey's southwest seasoning
- 1 teaspoon sugar
- 2 pounds tomatoes seeded chopped

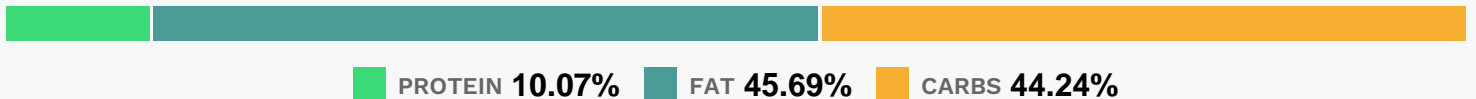
Equipment

- bowl
- whisk
- dutch oven

Directions

- Place first 4 ingredients and half of crumbled feta cheese in a large bowl.
- Whisk together olive oil and next 7 ingredients.
- Pour over tomato mixture; stir to coat. Cover and chill 2 hours.
- Cook pasta according to package directions in a large Dutch oven; drain. Return pasta to Dutch oven.
- Pour tomato mixture over hot cooked pasta, and toss to combine.
- Sprinkle with remaining half of crumbled feta cheese.
- Note: For testing purposes only, we used Cavender's All Purpose Greek Seasoning.

Nutrition Facts



Properties

Glycemic Index:52.26, Glycemic Load:14.52, Inflammation Score:-8, Nutrition Score:15.700869544693%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 369.47kcal (18.47%), Fat: 18.88g (29.05%), Saturated Fat: 4g (24.99%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 36.43g (13.25%), Sugar: 5.27g (5.86%), Cholesterol: 12.62mg (4.21%), Sodium: 616.2mg (26.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Vitamin K: 49.73µg (47.36%), Selenium: 29.21µg (41.73%), Vitamin A: 1656.05IU (33.12%), Vitamin C: 26.72mg (32.38%), Manganese: 0.61mg (30.43%), Fiber: 4.71g (18.82%), Vitamin E: 2.75mg (18.36%), Phosphorus: 160.52mg (16.05%), Calcium: 131.24mg (13.12%), Potassium: 414.48mg (11.84%), Vitamin B6: 0.23mg (11.63%), Copper: 0.23mg (11.32%), Magnesium: 44.43mg (11.11%), Iron: 1.99mg (11.06%), Vitamin B2: 0.18mg (10.53%), Folate: 37.06µg (9.27%), Zinc: 1.27mg (8.48%), Vitamin B3: 1.67mg (8.33%), Vitamin B1: 0.11mg (7.36%), Vitamin B5: 0.44mg (4.45%), Vitamin B12: 0.24µg (3.99%)