



WHATSheATE



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
- ☐ 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

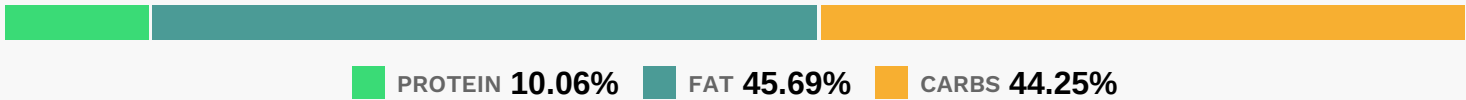
Equipment

- ☐ 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:43.51, Glycemic Load:14.52, Inflammation Score:-8, Nutrition Score:15.623913148175%

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: 369.41kcal (18.47%), Fat: 18.88g (29.04%), Saturated Fat: 4g (24.99%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 36.43g (13.25%), Sugar: 5.27g (5.86%), Cholesterol: 12.62mg (4.21%), Sodium: 616.19mg (26.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Vitamin K: 48.69µg (46.37%), Selenium: 29.21µg (41.73%), Vitamin A: 1642.86IU (32.86%), Vitamin C: 26.67mg (32.33%), Manganese: 0.61mg (30.29%), Fiber: 4.7g (18.81%), Vitamin E: 2.75mg (18.35%), Phosphorus: 160.38mg (16.04%), Calcium: 130.8mg (13.08%), Potassium: 413.74mg (11.82%), Vitamin B6: 0.23mg (11.61%), Copper: 0.23mg (11.28%), Magnesium: 44.27mg (11.07%), Iron: 1.98mg (11.01%), Vitamin B2: 0.18mg (10.52%), Folate: 36.89µg (9.22%), Zinc: 1.27mg (8.47%), Vitamin B3: 1.66mg (8.32%), Vitamin B1: 0.11mg (7.36%), Vitamin B5: 0.44mg (4.44%), Vitamin B12: 0.24µg (3.99%)