



Penne with Green Olives and Feta



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 1 large bunch greens whole thick packed cut into 1-inch strips (10 cups) (such as spinach, mustard greens, kale, or broccoli rabe; 1 pound)
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 12 ounces penne pasta

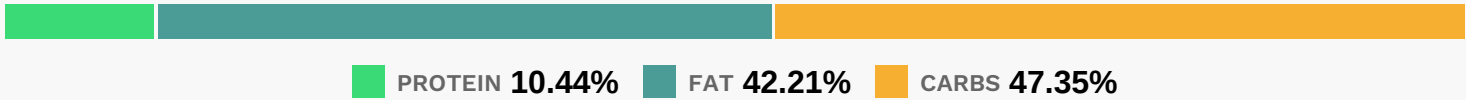
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ colander
- ☐ skimmer

Directions

- ☐ Mix parsley, lemon peel and garlic in small bowl; set aside.
- ☐ Bring large pot of salted water to boil.
- ☐ Add greens and cook just until tender, 1 to 6 minutes, depending on type of greens. Using skimmer or slotted spoon, transfer greens to colander to drain. Return water to boil.
- ☐ Add pasta and cook just until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 3/4 cup pasta cooking liquid. Return pasta to pot; add greens and 3 tablespoons oil and toss. Stir in olives, feta, and enough reserved pasta cooking liquid by 1/4 cupfuls to moisten. Season with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Drizzle with remaining 2 tablespoons oil.
- ☐ Sprinkle with parsley mixture and serve.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:17.24, Inflammation Score:-4, Nutrition Score:11.595217316047%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.38mg, Myricetin:

0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 369.21kcal (18.46%), Fat: 17.32g (26.64%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 41.38g (15.05%), Sugar: 1.62g (1.8%), Cholesterol: 12.62mg (4.21%), Sodium: 342.27mg (14.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Selenium: 38.14µg (54.48%), Vitamin K: 48.93µg (46.6%), Manganese: 0.54mg (26.81%), Phosphorus: 157.73mg (15.77%), Vitamin E: 2.22mg (14.8%), Copper: 0.19mg (9.38%), Vitamin B2: 0.16mg (9.29%), Fiber: 2.32g (9.28%), Calcium: 92.75mg (9.27%), Magnesium: 35.46mg (8.86%), Zinc: 1.25mg (8.31%), Vitamin B6: 0.15mg (7.67%), Vitamin A: 319.88IU (6.4%), Iron: 1.12mg (6.21%), Vitamin B3: 1.17mg (5.85%), Vitamin B1: 0.08mg (5.25%), Vitamin C: 4.03mg (4.88%), Folate: 18.96µg (4.74%), Potassium: 157.1mg (4.49%), Vitamin B12: 0.24µg (3.99%), Vitamin B5: 0.4mg (3.98%)