



Penne With Spinach and Feta

 Vegetarian

READY IN



28 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce arugula fresh
- ☐ 0.5 pound tomatoes diced drained canned
- ☐ 0.8 cup fat-skimmed beef broth fat-free
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 12 ounces penne pasta whole-wheat uncooked (or other small shaped pasta)

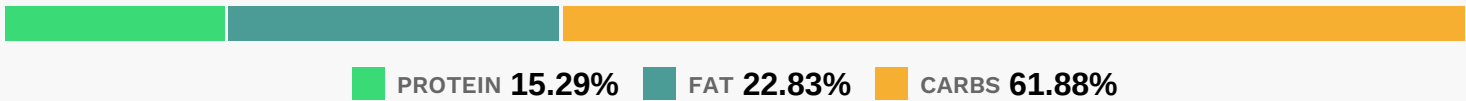
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Meanwhile, warm the olive oil in a large nonstick skillet over medium heat.
- ☐ Add onion and cook, stirring, 4 minutes.
- ☐ Add garlic and cook, stirring, 30 seconds.
- ☐ Add tomatoes and broth; bring to a simmer, and cook 5 minutes or until the tomatoes soften and some liquid evaporates. Use a wooden spoon to lightly crush tomatoes. Slowly stir in spinach or arugula; cook, stirring, 2 minutes or until leaves wilt.
- ☐ Drain pasta. In serving bowl, toss pasta with warm tomato-spinach sauce. Season with salt and pepper.
- ☐ Garnish with cheese.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:12.412173830945%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg Kaempferol: 15.11mg, Kaempferol: 15.11mg, Kaempferol: 15.11mg, Kaempferol: 15.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.8mg, Quercetin: 11.8mg, Quercetin: 11.8mg, Quercetin: 11.8mg

Nutrients (% of daily need)

Calories: 405.21kcal (20.26%), Fat: 10.14g (15.59%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 61.82g (20.61%), Net Carbohydrates: 53.71g (19.53%), Sugar: 5.78g (6.43%), Cholesterol: 16.69mg (5.56%), Sodium: 627.68mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Vitamin K: 50.83µg (48.41%), Fiber: 8.11g (32.46%), Vitamin A: 1156.18IU (23.12%), Calcium: 192.35mg (19.23%), Vitamin C: 15.08mg (18.28%), Folate: 59.88µg (14.97%), Vitamin B2: 0.25mg (14.57%), Manganese: 0.28mg (14.15%), Vitamin B6: 0.25mg (12.32%), Phosphorus: 114.85mg (11.48%), Potassium: 354.04mg (10.12%), Magnesium: 34.8mg (8.7%), Iron: 1.49mg (8.3%), Vitamin E: 1.12mg (7.44%), Vitamin B12: 0.4µg (6.7%), Vitamin B1: 0.1mg (6.51%), Selenium: 4.35µg (6.22%), Zinc: 0.92mg (6.1%), Vitamin B5: 0.55mg (5.45%), Copper: 0.11mg (5.37%), Vitamin B3: 1.01mg (5.08%)