



WHATSheATE



Penne with Spinach, Feta, and Olives



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons capers
- ☐ 6 cups penne pasta hot tube-shaped cooked uncooked (12 ounces pasta)
- ☐ 3 ounces feta cheese crumbled
- ☐ 3 garlic cloves crushed
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups pkt spinach chopped

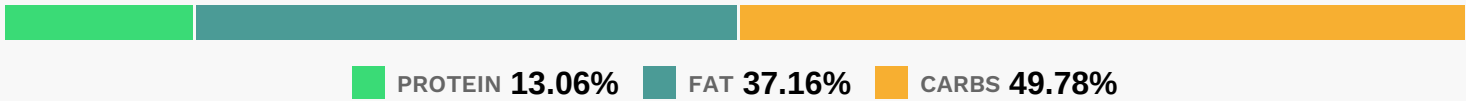
Equipment

☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Add pasta, spinach, olives, capers, and cheese; toss well.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:18.81, Inflammation Score:-8, Nutrition Score:15.316086989382%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg, Kaempferol: 6.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 343.15kcal (17.16%), Fat: 14.15g (21.77%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 39.58g (14.39%), Sugar: 1.46g (1.62%), Cholesterol: 18.92mg (6.31%), Sodium: 499.34mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Vitamin K: 78.19µg (74.46%), Selenium: 37.44µg (53.49%), Vitamin A: 1535.16IU (30.7%), Manganese: 0.6mg (29.85%), Phosphorus: 157.89mg (15.79%), Vitamin B2: 0.24mg (14.23%), Calcium: 139.81mg (13.98%), Iron: 2.39mg (13.28%), Fiber: 3.08g (12.31%), Vitamin E: 1.79mg (11.9%), Folate: 46.07µg (11.52%), Vitamin B6: 0.21mg (10.67%), Magnesium: 42.13mg (10.53%), Copper: 0.19mg (9.33%), Zinc: 1.39mg (9.25%), Vitamin C: 5.09mg (6.17%), Vitamin B12: 0.36µg (5.99%), Vitamin B1: 0.08mg (5.13%), Potassium: 171.7mg (4.91%), Vitamin B3: 0.89mg (4.46%), Vitamin B5: 0.37mg (3.75%)