



Peperonata Pasta Salad

 Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 servings pepper black freshly ground to taste
- ☐ 3 tablespoons capers
- ☐ 0.5 cup chèvre crumbled
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 4 garlic cloves chopped

- ☐ 12 servings kosher salt to taste
- ☐ 0.3 cup olive oil divided
- ☐ 1 pound gemelli pasta
- ☐ 1 onion red thinly sliced
- ☐ 0.5 cup sherry vinegar
- ☐ 4 cups pkt spinach washed and drained loosely packed
- ☐ 8 large bell peppers green red yellow cored seeded thinly sliced , , and

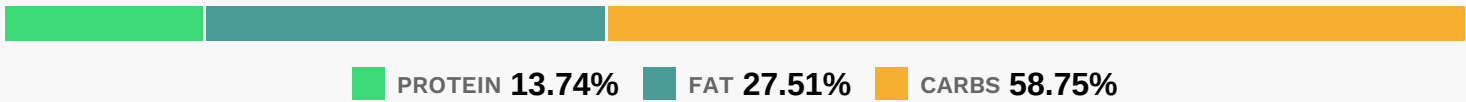
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1/4 cup olive oil in a Dutch oven over medium-high heat.
- ☐ Add bell pepper and next 5 ingredients, and saute 5 to 6 minutes, stirring constantly, until bell pepper is slightly wilted.
- ☐ Transfer mixture to a large bowl, reserving liquid in pan.
- ☐ Add garlic, and cook, stirring constantly, about 1 minute.
- ☐ Add vinegar, reduce by half, and pour over bell pepper and onion.
- ☐ Add capers, and stir.
- ☐ Cook pasta according to package directions. Rinse, drain, and toss with remaining 1 teaspoon olive oil. Toss pasta with peppers and remaining ingredients.
- ☐ Serve at room temperature, or chill up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:12.07, Inflammation Score:-9, Nutrition Score:19.720869605956%

Flavonoids

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 5.52mg, Luteolin: 5.52mg, Luteolin: 5.52mg, Luteolin: 5.52mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.43mg, Kaempferol: 3.43mg, Kaempferol: 3.43mg, Kaempferol: 3.43mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 238.64kcal (11.93%), Fat: 7.36g (11.32%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 31.63g (11.5%), Sugar: 4.19g (4.66%), Cholesterol: 4.35mg (1.45%), Sodium: 300.36mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Vitamin C: 96.28mg (116.7%), Vitamin K: 105.19µg (100.18%), Selenium: 24.48µg (34.97%), Vitamin A: 1734.92IU (34.7%), Manganese: 0.65mg (32.64%), Vitamin B6: 0.37mg (18.59%), Fiber: 3.74g (14.94%), Copper: 0.29mg (14.55%), Phosphorus: 130.4mg (13.04%), Magnesium: 45.62mg (11.4%), Folate: 45.27µg (11.32%), Potassium: 377.79mg (10.79%), Iron: 1.76mg (9.76%), Vitamin E: 1.36mg (9.08%), Vitamin B1: 0.12mg (8.02%), Vitamin B2: 0.12mg (7.1%), Vitamin B3: 1.36mg (6.82%), Zinc: 0.9mg (5.99%), Calcium: 55.6mg (5.56%), Vitamin B5: 0.38mg (3.76%)