



Pesto Pasta Toss

 Vegetarian

READY IN



17 min.

SERVINGS



6

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup classico basil pesto sauce and spread traditional
- 16 oz farfalle pasta uncooked (bow-tie pasta)
- 8 oz athenos feta cheese crumbled traditional
- 7 oz roasted peppers red drained finely chopped

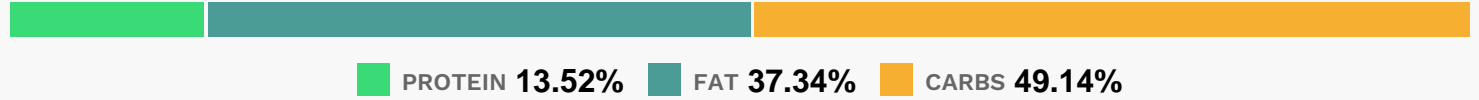
Equipment

Directions

Cook pasta as directed on package; drain.

Toss with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:23.09, Inflammation Score:-7, Nutrition Score:15.723478244699%

Nutrients (% of daily need)

Calories: 506.56kcal (25.33%), Fat: 20.84g (32.06%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 61.69g (20.56%), Net Carbohydrates: 58.37g (21.23%), Sugar: 3.01g (3.34%), Cholesterol: 36.12mg (12.04%), Sodium: 1178.09mg (51.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Selenium: 53.55µg (76.5%), Manganese: 0.76mg (37.84%), Phosphorus: 276.88mg (27.69%), Calcium: 265.7mg (26.57%), Vitamin B2: 0.37mg (22.02%), Vitamin A: 956.46IU (19.13%), Vitamin C: 15.38mg (18.64%), Vitamin B6: 0.33mg (16.32%), Zinc: 2.21mg (14.76%), Copper: 0.27mg (13.68%), Fiber: 3.31g (13.25%), Magnesium: 50.89mg (12.72%), Vitamin B12: 0.64µg (10.65%), Iron: 1.67mg (9.29%), Vitamin B3: 1.84mg (9.21%), Vitamin B1: 0.13mg (8.97%), Folate: 31µg (7.75%), Vitamin B5: 0.7mg (7.04%), Potassium: 240.31mg (6.87%), Vitamin E: 0.15mg (1.01%), Vitamin D: 0.15µg (1.01%)