



Red Wine Pasta with Feta Cheese

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon salt
- 16 oz pasta like spaghetti thin
- 3 tablespoons butter
- 1 clove garlic finely chopped
- 0.3 teaspoon pepper red crushed
- 2 cups wine dry red (such as Chianti or Zinfandel)
- 1 serving salt and pepper to taste
- 0.3 cup feta cheese crumbled

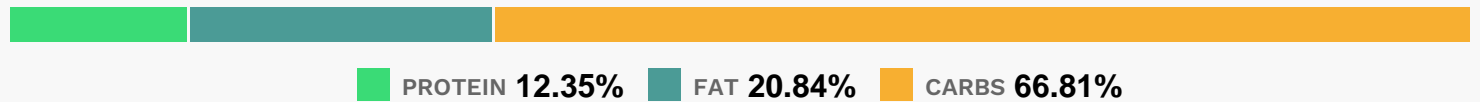
Equipment

- frying pan
- pot

Directions

- Heat large pot of water to boiling; add 1 teaspoon salt and the spaghetti. Cook just until spaghetti begins to bend easily, about 5 minutes.
- Meanwhile, in large skillet, melt 1 tablespoon of the butter over medium heat. Cook garlic and pepper flakes in butter 1 minute, stirring constantly.
- Add wine; heat to simmering.
- Drain spaghetti, reserving cooking water.
- Add spaghetti to skillet. Cook, stirring occasionally, until spaghetti is al dente (add some of the reserved cooking water, if desired).
- Add remaining 2 tablespoons butter; stir until melted. Season with salt and pepper.
- Sprinkle individual servings with 1 to 2 tablespoons cheese.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:34.21, Inflammation Score:-7, Nutrition Score:14.15086946928%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 621.91kcal (31.1%), Fat: 12.27g (18.87%), Saturated Fat: 6.96g (43.51%), Carbohydrates: 88.47g (29.49%), Net Carbohydrates: 84.79g (30.83%), Sugar: 3.05g (3.39%), Cholesterol: 30.92mg (10.31%), Sodium: 813.19mg (35.36%), Alcohol: 12.6g (100%), Alcohol %: 6.24% (100%), Protein: 16.36g (32.71%), Selenium: 73.31µg (104.73%), Manganese: 1.06mg (52.94%), Phosphorus: 249.96mg (25%), Copper: 0.33mg (16.74%), Magnesium: 62.48mg (15.62%), Fiber: 3.69g (14.75%), Zinc: 1.89mg (12.63%), Vitamin B6: 0.21mg (10.65%), Vitamin B3: 2.04mg (10.22%), Vitamin B2: 0.15mg (8.98%), Iron: 1.58mg (8.76%), Vitamin B1: 0.12mg (7.92%), Potassium: 266.79mg (7.62%), Calcium: 74.71mg (7.47%), Vitamin A: 339.09IU (6.78%), Vitamin B5: 0.6mg (5.97%), Folate: 23.78µg (5.95%), Vitamin B12: 0.18µg (2.94%), Vitamin E: 0.43mg (2.89%), Vitamin K: 1.16µg (1.11%)