



Roasted Red Pepper Pesto Pasta with Feta and Kalamata Olives



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

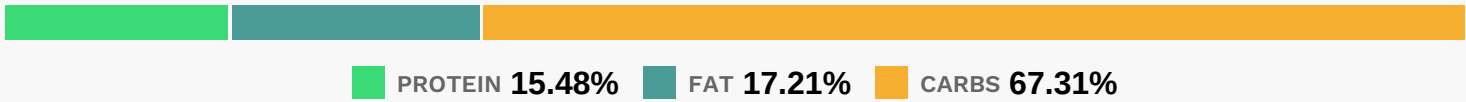
- ☐ 0.5 cup feta crumbled ()
- ☐ 1 handful parsley chopped ()
- ☐ 0.3 cup kalamata olives pitted coarsely chopped (and)
- ☐ 0.5 cup roasted pepper pesto red greek style
- ☐ 1 pound soup noodles whole wheat (I used penne)

Equipment

Directions

- ☐ Cook the pasta as directed on the package.
- ☐ Drain the pasta reserving 1/4 cup of the pasta water.
- ☐ Toss the pasta with the pesto, pasta water, olives and parsley.
- ☐ Serve garnished with crumbled feta.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:5.8447826634283%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 444.18kcal (22.21%), Fat: 8.22g (12.64%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 72.33g (24.11%), Net Carbohydrates: 63.64g (23.14%), Sugar: 2.44g (2.71%), Cholesterol: 16.69mg (5.56%), Sodium: 585.51mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Fiber: 8.69g (34.74%), Vitamin K: 16.86µg (16.05%), Vitamin C: 9.47mg (11.48%), Calcium: 105.38mg (10.54%), Vitamin B2: 0.17mg (9.71%), Phosphorus: 67.61mg (6.76%), Vitamin A: 287.52IU (5.75%), Vitamin B6: 0.11mg (5.71%), Vitamin B12: 0.32µg (5.28%), Selenium: 2.94µg (4.2%), Zinc: 0.59mg (3.9%), Folate: 10.57µg (2.64%), Vitamin E: 0.36mg (2.42%), Vitamin B1: 0.04mg (2.39%), Iron: 0.37mg (2.03%), Copper: 0.04mg (2.02%), Vitamin B5: 0.19mg (1.94%), Manganese: 0.03mg (1.74%), Magnesium: 6.92mg (1.73%), Vitamin B3: 0.32mg (1.58%), Potassium: 46.26mg (1.32%)