



## Roasted Sweet Pepper Pasta Salad with Herbs and Feta

READY IN



30 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 large bell pepper red yellow cut into 1-inch pieces
- 1 medium onion red cut into wedges ( 2 cups)
- 1 serving pam original flavor shopping list
- 10 ounces penne pasta uncooked
- 3 ounces turkey pepperoni sliced cut in half
- 2 ounces feta cheese
- 0.5 cup salad dressing fat-free italian
- 2 tablespoons basil fresh chopped

1 tablespoon mint leaves fresh chopped

## Equipment

bowl

frying pan

oven

## Directions

Heat oven to 450°. Spray rectangular pan, 13x9x2 inches, with cooking spray.

Place bell peppers and onion in single layer in pan. Spray vegetables with cooking spray.

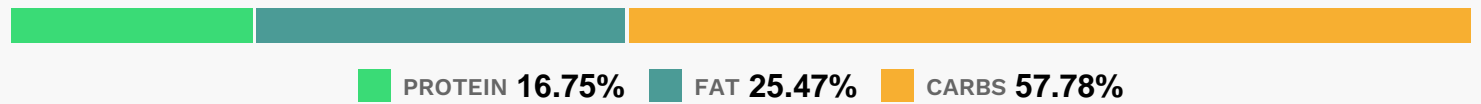
Bake uncovered 15 to 20 minutes or until vegetables are lightly browned and tender.

Meanwhile, cook and drain pasta as directed on package. Rinse with cold water; drain.

Toss bell peppers, onion, pasta and remaining ingredients in large bowl.

Serve immediately, or refrigerate 1 to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:27.67, Glycemic Load:14.67, Inflammation Score:-7, Nutrition Score:14.332173917605%

## Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

## Nutrients (% of daily need)

Calories: 306.72kcal (15.34%), Fat: 8.68g (13.36%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 41.87g (15.23%), Sugar: 4.16g (4.62%), Cholesterol: 25.85mg (8.62%), Sodium: 570.66mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.7%), Vitamin C: 115.59mg (140.11%), Selenium: 31.95µg (45.64%), Manganese: 0.56mg (27.78%), Phosphorus: 145.26mg (14.53%), Vitamin K: 14.02µg

(13.36%), Copper: 0.25mg (12.52%), Vitamin B6: 0.25mg (12.4%), Zinc: 1.71mg (11.42%), Magnesium: 43.99mg (11%), Potassium: 356.23mg (10.18%), Fiber: 2.46g (9.84%), Iron: 1.5mg (8.31%), Folate: 33.1µg (8.28%), Vitamin B2: 0.13mg (7.72%), Calcium: 76.98mg (7.7%), Vitamin B3: 1.52mg (7.58%), Vitamin B1: 0.09mg (5.85%), Vitamin A: 248.81IU (4.98%), Vitamin B5: 0.43mg (4.26%), Vitamin E: 0.51mg (3.38%), Vitamin B12: 0.16µg (2.66%)