



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

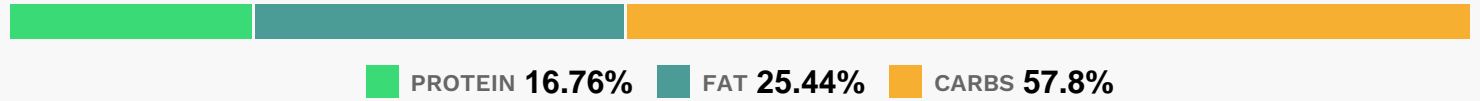
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 45
- 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: 306.59kcal (15.33%), Fat: 8.67g (13.34%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 41.87g (15.22%), Sugar: 4.16g (4.62%), Cholesterol: 25.85mg (8.62%), Sodium: 570.65mg (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%)