



Sesame Farfalle

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound farfalle pasta
- 0.1 teaspoon kosher salt
- 1 spring onion thinly sliced
- 1 tablespoon sesame oil
- 0.5 teaspoon sesame seed

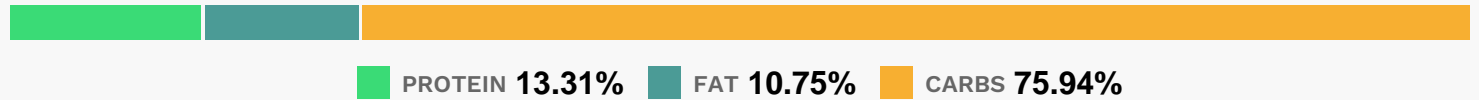
Equipment

- bowl

Directions

- Cook 1 pound farfalle pasta according to the label directions.
- Place 2 cups of the pasta in a bowl, reserving the rest for another use. To the bowl, add 1 teaspoon sesame oil (or 2 teaspoons if stronger flavor is desired), 1 thinly sliced scallion, 1/8 teaspoon kosher salt, and 1/2 teaspoon white sesame seeds. Toss to combine well.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:34.09, Inflammation Score:-4, Nutrition Score:13.056086947089%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 454.04kcal (22.7%), Fat: 5.34g (8.22%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 84.95g (28.32%), Net Carbohydrates: 81.22g (29.53%), Sugar: 3.1g (3.44%), Cholesterol: 0mg (0%), Sodium: 79.98mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Selenium: 71.77µg (102.53%), Manganese: 1.05mg (52.55%), Phosphorus: 217mg (21.7%), Copper: 0.34mg (17.02%), Magnesium: 61.58mg (15.4%), Fiber: 3.74g (14.94%), Zinc: 1.63mg (10.87%), Vitamin B3: 1.95mg (9.77%), Iron: 1.56mg (8.64%), Vitamin B6: 0.16mg (8.24%), Potassium: 262.34mg (7.5%), Vitamin B1: 0.11mg (7.05%), Vitamin K: 6.8µg (6.48%), Folate: 22.57µg (5.64%), Vitamin B5: 0.49mg (4.91%), Vitamin B2: 0.07mg (4.18%), Calcium: 28.46mg (2.85%), Vitamin E: 0.19mg (1.27%)