



Tomato Feta Pasta Salad

READY IN



45 min.

SERVINGS



8

CALORIES



563 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup olives diced black such as kalamata, pitted and good
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers drained
- ☐ 1 pound feta cheese good
- ☐ 1 cup flat-leaf parsley packed chopped
- ☐ 0.5 pound fusilli pasta (spirals)
- ☐ 1 garlic clove diced
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings kosher salt

- ☐ 6 tablespoons olive oil good
- ☐ 8 servings olive oil good
- ☐ 1 cup parmesan freshly grated
- ☐ 2 tablespoons red wine vinegar
- ☐ 5 sun-dried tomatoes drained in oil
- ☐ 6 sun-dried tomatoes drained chopped in oil
- ☐ 1 pound tomatoes ripe

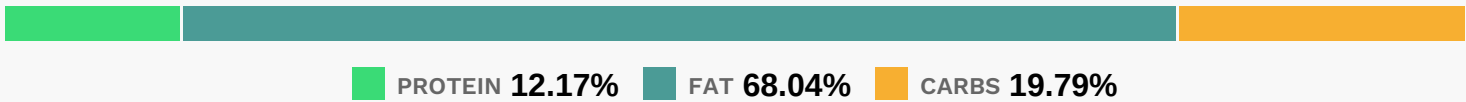
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the pasta in a large pot of boiling salted water with a splash of oil to keep it from sticking together. Boil for 12 minutes, or according to the directions on the package.
- ☐ Drain well and allow to cool.
- ☐ Place the pasta in a bowl and add the tomatoes, olives, feta and chopped sun-dried tomatoes.
- ☐ For the dressing, combine the sun-dried tomatoes, vinegar, olive oil, garlic, capers, salt and pepper in a food processor until almost smooth.
- ☐ Pour the dressing over the pasta, sprinkle with the Parmesan and parsley, and toss well.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:9.92, Inflammation Score:-8, Nutrition Score:22.277391293774%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 562.85kcal (28.14%), Fat: 43.05g (66.23%), Saturated Fat: 13.42g (83.85%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 25.61g (9.31%), Sugar: 2.49g (2.76%), Cholesterol: 58.96mg (19.65%), Sodium: 1556.05mg (67.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.66%), Vitamin K: 144.04µg (137.18%), Calcium: 460.4mg (46.04%), Selenium: 29.55µg (42.21%), Phosphorus: 356.8mg (35.68%), Vitamin B2: 0.57mg (33.7%), Vitamin A: 1545.19IU (30.9%), Vitamin E: 4.54mg (30.25%), Vitamin C: 22.09mg (26.77%), Manganese: 0.41mg (20.38%), Vitamin B12: 1.11µg (18.47%), Vitamin B6: 0.37mg (18.32%), Zinc: 2.6mg (17.33%), Magnesium: 46.68mg (11.67%), Folate: 45.46µg (11.36%), Vitamin B1: 0.16mg (10.45%), Potassium: 361.57mg (10.33%), Fiber: 2.56g (10.22%), Iron: 1.82mg (10.1%), Copper: 0.19mg (9.43%), Vitamin B3: 1.7mg (8.49%), Vitamin B5: 0.84mg (8.35%), Vitamin D: 0.29µg (1.93%)