

Artichoke and Tomato Pasta

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|-------------------|---------------------------------------------------------------------------------|
| 6 ounces | uncooked whole wheat or brown rice bow-tie or butterfly shaped (Farfalle) pasta |
| 1 14-16 ounce can | artichoke hearts, drained and halved (not oil-packed) |
| 1 cup | chopped ripe plum tomato (Roma) |
| 1/4 cup | fresh basil leaves, torn |
| 1 tablespoon | olive oil |
| 1 tablespoon | lemon juice |
| 1/4 cup | crumbled feta cheese |

Cook noodles according to package directions; rinse under cold running water; drain well; set aside. In a large bowl, combine remaining ingredients except cheese; add noodles and toss to coat. Refrigerate for about 1 hour; serve sprinkled with cheese.

Servings: 6

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 179.17 |
| Calories From Fat (19%) | 34.27 |
| % Daily Value | |
| Total Fat 3.91g | 6% |
| Saturated Fat 1.29g | 6% |
| Cholesterol 5.56mg | 2% |
| Sodium 185.85mg | 8% |
| Potassium 328.99mg | 9% |
| Carbohydrates 32.72g | 11% |
| Dietary Fiber 4.46g | 18% |
| Sugar 1.11g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 28.26g | |
| Protein 4.48g | 9% |

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

| Recipe Ingredient | Linked To |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| 6 ounces uncooked whole wheat or brown rice bow-tie or butterfly shaped (Farfalle) pasta | 6 x 1 ounce of Rice noodles, dry |
| 1 14-16 ounce can artichoke hearts, drained and halved (not oil-packed) | 1 x 1 can (14 oz) of Artichokes, hearts |
| 1 cup chopped ripe plum tomato (Roma) | 1 x 1 cup, chopped or sliced of Tomatoes, red, ripe, raw, year round average |
| 1/4 cup fresh basil leaves, torn | 0.25 x 1 cup of Basil, fresh |
| 1 tablespoon olive oil | 1 x 1 tablespoon of Oil, olive, salad or cooking |
| 1 tablespoon lemon juice | 1 x 1 tablespoon of Lemon juice, raw |
| 1/4 cup crumbled feta cheese | 0.25 x 1 cup, crumbled of Cheese, feta |

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