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Skillet Pasta with Sun Dried Tomatoes, Walnuts, and Feta

This skillet pasta dish is packed with flavor and texture. The sun-dried tomatoes add a rich sweetness, while the walnuts provide a satisfying crunch. The feta cheese adds a creamy and tangy element. It's a perfect dish for a quick and delicious dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Pasta
100 g	Sun-Dried Tomatoes
50 g	walnuts
100 g	feta cheese

2 tbsp	olive oil
2 cloves	garlic
1 tsp	salt
1 tsp	black pepper
0.5 tsp	red pepper flakes
10 leaves	Fresh Basil

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 2

Sautéing

In a skillet, heat olive oil over medium heat. Add minced garlic and cook until fragrant, about 1 minute.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Sautéing

Add sun-dried tomatoes, walnuts, salt, black pepper, and red pepper flakes to the skillet. Cook for 2 minutes, stirring occasionally.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Stirring

Add cooked pasta to the skillet and toss to combine. Cook for an additional 2 minutes to heat through.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Remove from heat and crumble feta cheese over the pasta. Garnish with fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Cuisines

Italian Chinese Mexican Thai Mediterranean American

Meal Type

Breakfast Lunch Dinner Snack

Nutritional Content

Low Calorie Low Fat Low Sodium Sugar-Free

Course

Main Dishes Side Dishes Salads Snacks Sauces & Dressings

Difficulty Level

Easy

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