



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Kalamata Olive Pasta ••

A delicious pasta dish made with kalamata olives, garlic, and olive oil. Perfect for a quick and easy dinner.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

<b>300 g</b>	Pasta
<b>100 g</b>	Kalamata Olives
<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

# Directions

---

## Step 1

### Boiling

Cook the pasta according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

## Step 2

### Cutting

While the pasta is cooking, pit and chop the kalamata olives.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 3

### Sautéing

In a large pan, heat the olive oil over medium heat. Add the garlic and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

---

## Step 4

### Sautéing

Add the chopped olives to the pan and cook for another 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 5

### Mixing

Drain the cooked pasta and add it to the pan with the olives. Toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 6

### Seasoning

Season with salt and black pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 7

### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 12 g

**Protein:** 10 g

**Carbohydrates:** 50 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Cuisines

Italian

### Course

Breads

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

### Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)