



WHATSheATE



HEALTH SCORE

54%

Alla Checca

READY IN



140 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 pound soup noodles
- ☐ 4 servings salt to taste
- ☐ 5 tomatoes diced seeded

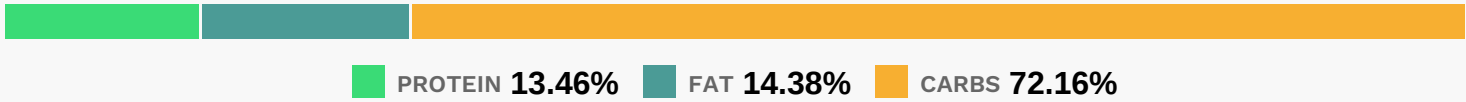
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine tomatoes, garlic, basil, and olive oil in a non-metal bowl. Stir in salt. Cover with plastic wrap. Allow to sit at room temperature at least 2 hours, or as long as 10 hours.
- ☐ Cook pasta in a large pot of boiling salted water until al dente.
- ☐ Drain.
- ☐ Pour uncooked sauce over hot pasta, and toss.
- ☐ Add grated Parmesan cheese to your liking.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:35.91, Inflammation Score:-8, Nutrition Score:20.428695705274%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 511.8kcal (25.59%), Fat: 8.15g (12.54%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 92.04g (30.68%), Net Carbohydrates: 86.45g (31.44%), Sugar: 7.11g (7.9%), Cholesterol: 2.17mg (0.73%), Sodium: 252.77mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.33%), Selenium: 72.98µg (104.25%), Manganese: 1.3mg (65.12%), Vitamin A: 1460.88IU (29.22%), Phosphorus: 273.34mg (27.33%), Vitamin C: 22.54mg (27.32%), Vitamin K: 28.05µg (26.72%), Fiber: 5.58g (22.34%), Copper: 0.44mg (22.01%), Magnesium: 80.56mg (20.14%), Potassium: 642.84mg (18.37%), Vitamin B6: 0.33mg (16.4%), Vitamin B3: 2.89mg (14.46%), Zinc: 2.03mg (13.52%), Vitamin E: 1.77mg (11.81%), Iron: 2.08mg (11.55%), Folate: 45.75µg (11.44%), Vitamin B1: 0.17mg (11.11%), Calcium: 72.2mg (7.22%), Vitamin B5: 0.66mg (6.58%), Vitamin B2: 0.11mg (6.56%)