



Angel Hair Pasta with Avocado and Tomatoes

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces angel hair pasta uncooked
- 2 tablespoons vegetable oil
- 2 cloves garlic finely chopped
- 0.8 cup basil fresh chopped
- 0.5 avocado peeled cut into small cubes
- 4 medium tomatoes cut into small cubes
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

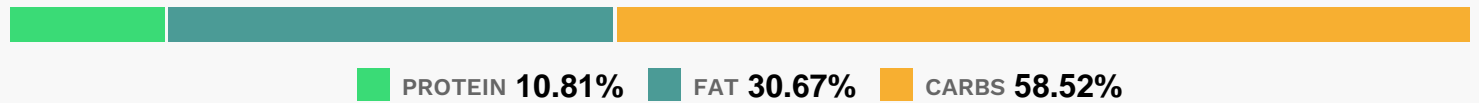
Equipment

- frying pan
- sauce pan

Directions

- Cook and drain pasta as directed on package.
- While pasta is cooking, heat oil in 3–quart saucepan over medium heat; add
- garlic. Cook 1 to 2 minutes, stirring occasionally, until garlic is tender but not
- brown; remove from heat.
- Stir basil, avocado and tomatoes into garlic in sauce–pan. Toss vegetable
- mixture and pasta.
- Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:12.43, Inflammation Score:-7, Nutrition Score:10.362173940824%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 224.26kcal (11.21%), Fat: 7.76g (11.93%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 29.9g (10.87%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 201.64mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Selenium: 24.11µg (34.45%), Vitamin K: 30.97µg (29.5%), Manganese: 0.53mg (26.31%), Vitamin A: 866.31IU (17.33%), Vitamin C: 13.76mg (16.68%), Fiber: 3.41g (13.62%), Potassium: 373.88mg (10.68%), Phosphorus: 103.17mg (10.32%), Copper: 0.21mg (10.26%), Magnesium: 36.23mg

(9.06%), Vitamin B6: 0.18mg (8.98%), Folate: 34.76µg (8.69%), Vitamin E: 1.23mg (8.18%), Vitamin B3: 1.46mg (7.28%), Zinc: 0.82mg (5.45%), Vitamin B1: 0.08mg (5.25%), Iron: 0.93mg (5.15%), Vitamin B5: 0.48mg (4.82%), Vitamin B2: 0.06mg (3.74%), Calcium: 25.76mg (2.58%)