



Basic Pasta

 Vegetarian

READY IN



9 min.

SERVINGS



5

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

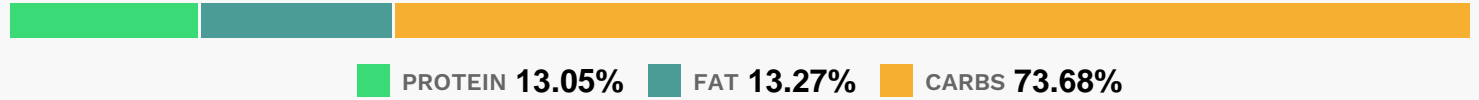
- 0.3 teaspoon pepper black freshly ground
- 3 cups ditalini pasta (tiny, very short tubes of pasta)
- 1 teaspoon basil dried
- 2 teaspoons onion dried minced
- 3 tablespoons butter light
- 0.3 teaspoon salt

Equipment

Directions

- Cook pasta according to package directions; omitting salt and fat.
- Drain. Toss with butter and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:12.360869614974%

Nutrients (% of daily need)

Calories: 423.48kcal (21.17%), Fat: 6.17g (9.49%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 77.07g (25.69%), Net Carbohydrates: 73.56g (26.75%), Sugar: 3.43g (3.81%), Cholesterol: 8.9mg (2.97%), Sodium: 125.93mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.31%), Selenium: 63.9µg (91.28%), Manganese: 0.98mg (49.22%), Phosphorus: 200.05mg (20%), Copper: 0.31mg (15.26%), Magnesium: 57.25mg (14.31%), Fiber: 3.51g (14.03%), Zinc: 1.5mg (9.97%), Iron: 1.62mg (9.02%), Vitamin B6: 0.18mg (8.92%), Vitamin B3: 1.75mg (8.73%), Potassium: 269.34mg (7.7%), Vitamin B1: 0.1mg (6.78%), Folate: 22.14µg (5.53%), Vitamin B5: 0.46mg (4.65%), Vitamin B2: 0.07mg (4.17%), Vitamin K: 4.17µg (3.97%), Calcium: 35.26mg (3.53%), Vitamin A: 145.02IU (2.9%), Vitamin E: 0.27mg (1.8%), Vitamin C: 1.48mg (1.79%)