



Capellini Caprese

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 lb capellini uncooked
- 0.3 cup basil fresh thinly sliced
- 2 cloves garlic minced
- 3 cups grape tomatoes halved
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 onion finely chopped
- 0.5 cup tuscan house dressing italian kraft

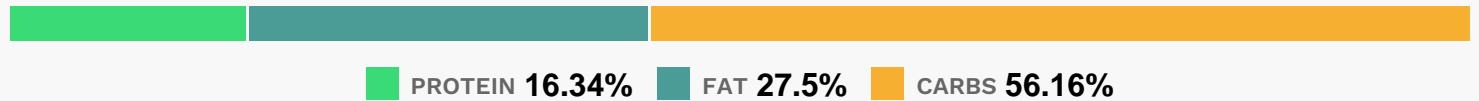
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, heat dressing in large nonstick skillet on medium-high heat.
- Add onions and garlic; cook and stir 2 min.
- Add tomatoes; cook 5 min. or until heated through, stirring occasionally.
- Drain pasta.
- Add to tomato mixture; mix lightly.
- Sprinkle with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:18.88, Inflammation Score:-8, Nutrition Score:16.024347743262%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 385.78kcal (19.29%), Fat: 11.78g (18.13%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 50.45g (18.34%), Sugar: 9.13g (10.14%), Cholesterol: 17.92mg (5.97%), Sodium: 475.44mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.5%), Selenium: 40.81µg (58.3%), Manganese: 0.74mg (37.14%), Vitamin K: 34.22µg (32.59%), Phosphorus: 279.42mg (27.94%), Calcium: 258.44mg (25.84%), Vitamin A: 1182.32IU (23.65%), Vitamin C: 18.29mg (22.17%), Fiber: 3.69g (14.75%), Potassium: 491.55mg (14.04%), Magnesium: 54.66mg (13.66%), Copper: 0.27mg (13.26%), Vitamin B6: 0.26mg (13.15%), Zinc: 1.86mg (12.42%), Vitamin E: 1.37mg (9.14%), Folate: 36.12µg (9.03%), Vitamin B2: 0.15mg (8.86%), Vitamin B3: 1.76mg (8.78%), Vitamin B1: 0.12mg (7.97%), Iron: 1.32mg (7.35%), Vitamin B5: 0.41mg (4.13%), Vitamin B12: 0.23µg (3.83%)