



Cold Spaghetti

READY IN



30 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup basil fresh chopped
- 3 cloves garlic peeled
- 1 teaspoon olive oil
- 0.5 cup parmesan cheese shredded
- 8 ounce pasta like spaghetti uncooked
- 4 tomatoes ripe peeled seeded
- 0.5 teaspoon sugar white

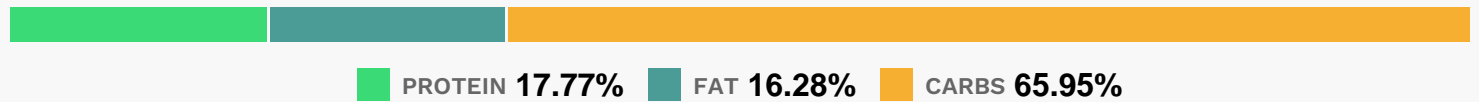
Equipment

- food processor
- pot
- blender

Directions

- In a blender or food processor, combine tomatoes, garlic, basil, oil and sugar and process until smooth. Cover and refrigerate sauce.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Remove sauce from refrigerator and pour over spaghetti. Toss to coat and serve topped with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:69.27, Glycemic Load:18.96, Inflammation Score:-8, Nutrition Score:13.8726086163%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 296.07kcal (14.8%), Fat: 5.36g (8.24%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 45.45g (16.53%), Sugar: 5.38g (5.97%), Cholesterol: 8.5mg (2.83%), Sodium: 210.29mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.3%), Selenium: 38.97µg (55.68%), Manganese: 0.72mg (36.16%), Vitamin A: 1227.92IU (24.56%), Phosphorus: 227.99mg (22.8%), Vitamin C: 17.91mg (21.71%), Vitamin K: 18.93µg (18.03%), Calcium: 179.83mg (17.98%), Fiber: 3.37g (13.48%), Copper: 0.25mg (12.74%), Magnesium: 50.92mg (12.73%), Potassium: 444.39mg (12.7%), Vitamin B6: 0.22mg (11.06%), Zinc: 1.39mg (9.3%), Vitamin B3: 1.76mg (8.81%), Folate: 30.96µg (7.74%), Vitamin B1: 0.11mg (7.11%), Iron: 1.28mg (7.11%), Vitamin E: 0.92mg (6.11%), Vitamin B2: 0.1mg (6.06%), Vitamin B5: 0.43mg (4.28%), Vitamin B12: 0.15µg (2.5%)