



Creamy Basil & Tomato Pasta

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz philadelphia cream cheese cubed
- 0.5 cup basil fresh chopped
- 1 lb pasta uncooked
- 0.5 cup pinenuts toasted
- 0.3 cup sun tomato vinaigrette dressing dried kraft
- 3 cups tomatoes chopped

Equipment

- bowl

sauce pan

Directions

Combine first 4 ingredients.

Let stand 30 min.

Cook pasta in large saucepan as directed on package, omitting salt; drain.

Place in large bowl.

Add tomato mixture and pine nuts; mix lightly.

Nutrition Facts



PROTEIN 10.4% **FAT 44.09%** **CARBS 45.51%**

Properties

Glycemic Index:22.13, Glycemic Load:18.02, Inflammation Score:-7, Nutrition Score:14.084347849307%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 411.84kcal (20.59%), Fat: 20.42g (31.41%), Saturated Fat: 7.02g (43.9%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 44.59g (16.22%), Sugar: 4.55g (5.06%), Cholesterol: 28.63mg (9.54%), Sodium: 95.52mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Manganese: 1.35mg (67.33%), Selenium: 38.46µg (54.94%), Vitamin K: 23.56µg (22.44%), Phosphorus: 200.26mg (20.03%), Vitamin A: 927.74IU (18.55%), Copper: 0.32mg (15.95%), Magnesium: 60.89mg (15.22%), Vitamin E: 1.77mg (11.78%), Fiber: 2.82g (11.28%), Zinc: 1.59mg (10.62%), Potassium: 351.71mg (10.05%), Vitamin C: 7.99mg (9.69%), Vitamin B3: 1.71mg (8.53%), Iron: 1.43mg (7.96%), Vitamin B2: 0.13mg (7.65%), Vitamin B6: 0.15mg (7.57%), Vitamin B1: 0.11mg (7.3%), Folate: 25.03µg (6.26%), Calcium: 49mg (4.9%), Vitamin B5: 0.49mg (4.85%), Vitamin B12: 0.06µg (1.04%)