



## Creamy Herbed Pasta

READY IN



45 min.

SERVINGS



2

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons neufcha@gtel cheese softened
- 2 tablespoons chicken broth low-sodium undiluted canned
- 1 tablespoon basil fresh chopped
- 1 teaspoon garlic minced
- 1 teaspoon juice of lemon
- 4 ounces orecchiette pasta uncooked
- 1 teaspoon oregano fresh chopped
- 0.1 teaspoon pepper dried red crushed
- 1 tablespoon sun-dried tomato

1 tablespoon water hot

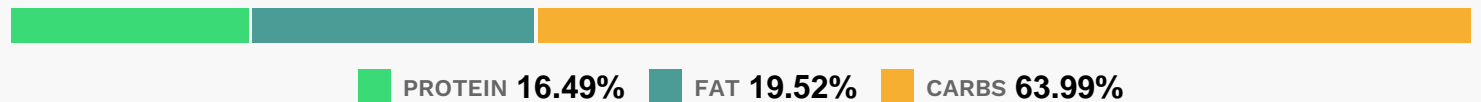
## Equipment

bowl

## Directions

- Combine tomato and water in a small bowl; cover and let stand 15 minutes.
- Drain well. Chop tomato, and set aside.
- Combine basil and next 6 ingredients, stirring well.
- Cook pasta according to package directions, omitting salt and fat; drain.
- Place pasta in a serving bowl.
- Add chopped tomato and cheese mixture; toss gently.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:102, Glycemic Load:17.6, Inflammation Score:-8, Nutrition Score:10.620869579523%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 286.42kcal (14.32%), Fat: 6.2g (9.54%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 45.72g (15.24%), Net Carbohydrates: 43.08g (15.67%), Sugar: 2.65g (2.95%), Cholesterol: 15mg (5%), Sodium: 111.67mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.57%), Selenium: 40.51µg (57.86%), Manganese: 0.66mg (32.82%), Phosphorus: 194.17mg (19.42%), Calcium: 142.55mg (14.25%), Copper: 0.23mg (11.47%), Vitamin K: 12.02µg (11.44%), Magnesium: 43.23mg (10.81%), Fiber: 2.65g (10.58%), Zinc: 1.47mg (9.83%), Iron: 1.47mg (8.16%), Potassium: 263.22mg (7.52%), Vitamin B3: 1.49mg (7.43%), Vitamin B2: 0.13mg (7.42%), Vitamin B6: 0.14mg (6.75%), Vitamin A: 279.26IU (5.59%), Vitamin B1: 0.07mg (4.97%), Folate: 18.69µg (4.67%), Vitamin B5: 0.38mg (3.83%), Vitamin C:

2.62mg (3.17%), Vitamin B12: 0.17µg (2.9%), Vitamin E: 0.42mg (2.79%)