



Easy Cherry Tomato Pasta Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



277 kcal

SAUCE

Ingredients

- ☐ 4 servings noodles hot cooked
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.5 cup basil fresh chopped
- ☐ 4 garlic clove thinly sliced
- ☐ 10 ounce grape tomatoes red halved
- ☐ 10 ounce grape tomatoes yellow halved
- ☐ 0.5 teaspoon pepper black
- ☐ 1 oz parmesan cheese fresh freshly grated
- ☐ 2 tablespoons pinenuts toasted

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt

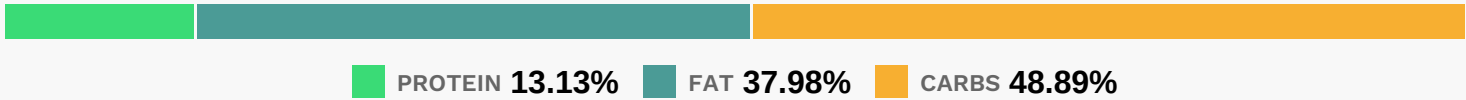
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add garlic and red pepper; cook, stirring constantly, 1 to 2 minutes.
- ☐ Add tomatoes, salt, and black pepper. Cook, stirring constantly, 5 minutes. (If tomatoes stay whole during cooking, pierce each one with the tip of a knife to release juices; cook 1 or 2 more minutes.)
- ☐ Remove from heat; stir in basil.
- ☐ Divide pasta among serving bowls; top with tomato sauce, cheese, pine nuts, and additional black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:13.76, Inflammation Score:-8, Nutrition Score:14.126956560689%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 277.18kcal (13.86%), Fat: 11.94g (18.37%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 30.94g (11.25%), Sugar: 4.44g (4.93%), Cholesterol: 6.17mg (2.06%), Sodium: 425.59mg (18.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.58%), Manganese: 1mg (50.04%), Selenium: 25.43µg (36.33%), Vitamin K: 30.31µg (28.86%), Vitamin A: 1440.46IU (28.81%), Vitamin C: 20.94mg (25.38%), Phosphorus: 164.04mg (16.4%), Fiber: 3.63g (14.53%), Vitamin E: 2.17mg (14.49%), Copper: 0.26mg (13.14%), Potassium: 442.99mg (12.66%), Magnesium: 49.21mg (12.3%), Iron: 2mg (11.13%), Vitamin B6: 0.21mg (10.53%), Calcium: 96.07mg (9.61%), Zinc: 1.37mg (9.15%), Folate: 31.54µg (7.89%), Vitamin B3: 1.47mg (7.36%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.09mg (5.11%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.1µg (1.59%)