



WHATSheATE



Easy Fusilli with Tomato Pesto Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



370 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 3 tablespoons basil leaves fresh for garnish
- ☐ 14 ounces fusilli pasta spiral
- ☐ 2 cloves garlic peeled chopped
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 3 tablespoons pesto
- ☐ 6 servings salt and pepper to taste

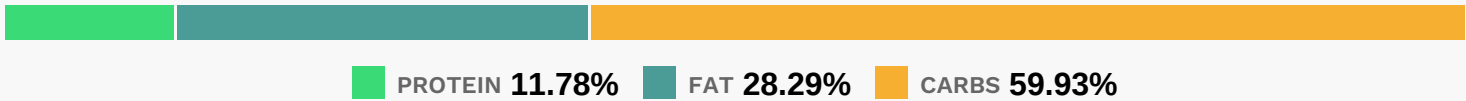
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in a medium skillet over medium heat.
- ☐ Saute garlic for 2 minutes, then add tomatoes and simmer for 10 minutes.
- ☐ Meanwhile, 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 and return to pot.
- ☐ Season tomato sauce with salt and pepper; stir in pesto.
- ☐ Pour sauce over hot cooked pasta and mix well.
- ☐ Sprinkle with cheese, garnish with basil leaves and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:21.36, Inflammation Score:-5, Nutrition Score:12.202173902289%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 370.49kcal (18.52%), Fat: 11.68g (17.96%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 52.08g (18.94%), Sugar: 5.04g (5.59%), Cholesterol: 2.78mg (0.93%), Sodium: 402.42mg (17.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Selenium: 43.24µg (61.77%), Manganese: 0.76mg (38.14%), Phosphorus: 164.88mg (16.49%), Copper: 0.32mg (16.23%), Fiber: 3.58g (14.3%), Vitamin E: 1.96mg (13.06%), Magnesium: 50.53mg (12.63%), Vitamin K: 12.12µg (11.54%), Vitamin B6: 0.21mg (10.63%), Iron: 1.89mg (10.53%), Potassium: 359.92mg (10.28%), Vitamin B3: 1.98mg (9.9%), Zinc: 1.25mg (8.31%), Vitamin C: 6.8mg (8.24%), Vitamin B1: 0.11mg (7.6%), Calcium: 75.13mg (7.51%), Vitamin A: 372.96IU (7.46%), Folate: 21.67µg (5.42%), Vitamin B2: 0.09mg (5.05%), Vitamin B5: 0.49mg (4.92%)