



 **15%**
HEALTH SCORE

Farfalle with fresh tomatoes, basil and mozzarella

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound farfalle pasta
- 24 medium basil fresh
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- 2 large mozzarella cheese diced
- 2 tbsp olive oil
- 4 servings salt and pepper
- 4 tomatoes halved seeded cut in small pieces ½ inch dice (3 cups)

2 tablespoons butter unsalted

Equipment

bowl

frying pan

pot

Directions

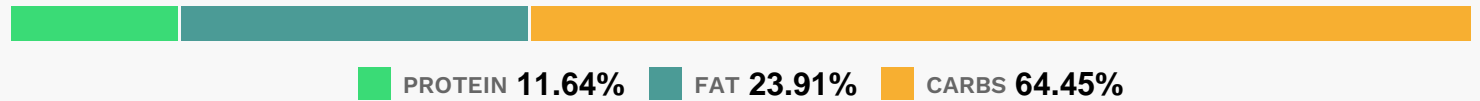
Boil a large pot of salted water and cook the pasta according to the package directions. When done drain, place back in the cooking pan and add the butter. In a large skillet saut the tomatoes with the olive oil, 5 minutes.

Remove from the heat and add the basil. In a large bowl add the pasta, the tomatoes and mix well.

Add the mozzarella and give it a last light folding.

Serve immediately

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:35.33, Inflammation Score:-8, Nutrition Score:19.546086956522%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 557.52kcal (27.88%), Fat: 14.78g (22.74%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 89.6g (29.87%), Net Carbohydrates: 84.42g (30.7%), Sugar: 6.29g (6.98%), Cholesterol: 15.45mg (5.15%), Sodium: 210.98mg (9.17%), Protein: 16.19g (32.38%), Selenium: 71.84µg (102.63%), Manganese: 1.24mg (61.81%), Vitamin K: 34.47µg (32.82%), Vitamin A: 1456.IIU (29.12%), Phosphorus: 249.98mg (25%), Vitamin C: 17.72mg (21.47%), Copper: 0.42mg

(21%), Fiber: 5.18g (20.73%), Magnesium: 76.95mg (19.24%), Potassium: 560.72mg (16.02%), Vitamin B3: 2.71mg (13.53%), Vitamin B6: 0.27mg (13.36%), Vitamin E: 2mg (13.32%), Zinc: 1.87mg (12.46%), Iron: 2mg (11.13%), Folate: 42.37µg (10.59%), Vitamin B1: 0.15mg (9.98%), Vitamin B5: 0.62mg (6.17%), Vitamin B2: 0.1mg (5.81%), Calcium: 49mg (4.9%)