



## Farmers' Market Spaghetti

READY IN



30 min.

SERVINGS



30

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 30 servings pepper black freshly ground
- 4 cups cherry tomatoes
- 2 sprigs rosemary fresh
- 4 cloves garlic smashed
- 2 Tbsp olive oil
- 0.5 cup parmesan cheese divided grated kraft
- 0.8 lb pasta like spaghetti uncooked

## Equipment

- frying pan
- oven

## Directions

- Heat oven to 400F.
- Toss tomatoes with garlic, rosemary, 2 Tbsp. cheese and oil; spoon into 13x9-inch pan.
- Bake 15 to 20 min. or until tomatoes start to burst.
- Meanwhile, cook spaghetti as directed on package, omitting salt.
- Discard rosemary from tomato mixture.
- Drain spaghetti, reserving 1/4 cup cooking water.
- Add to tomato mixture with dressing; mix lightly. Top with pepper and remaining cheese.

## Nutrition Facts



## Properties

Glycemic Index:3.47, Glycemic Load:3.45, Inflammation Score:-1, Nutrition Score:2.4395652178513%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 68.98kcal (3.45%), Fat: 2.32g (3.57%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 9.26g (3.37%), Sugar: 0.87g (0.97%), Cholesterol: 1.45mg (0.48%), Sodium: 49.84mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Selenium: 7.91µg (11.3%), Manganese: 0.15mg (7.29%), Vitamin C: 4.66mg (5.64%), Phosphorus: 38.34mg (3.83%), Copper: 0.05mg (2.54%), Vitamin A: 112.34IU (2.25%), Magnesium: 8.66mg (2.16%), Fiber: 0.54g (2.15%), Potassium: 74.65mg (2.13%), Calcium: 20.69mg (2.07%), Vitamin B6: 0.04mg (1.92%), Vitamin E: 0.27mg (1.79%), Zinc: 0.27mg (1.77%), Iron: 0.31mg (1.73%), Vitamin B3: 0.3mg (1.52%), Vitamin K: 1.33µg (1.27%), Vitamin B1: 0.02mg (1.25%), Folate: 4.76µg (1.19%), Vitamin B2: 0.02mg (1.03%)