



Fresh-from-the-Garden Tomato Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 0.5 cup basil fresh chopped
- 2 cloves garlic minced
- 1 onion chopped
- 3 Tbsp parmesan cheese grated kraft
- 3 cups rotini pasta uncooked
- 5 tomatoes coarsely chopped

Equipment

frying pan

Directions

Cook pasta as directed on package, omitting salt.

Meanwhile, cook onions, garlic and dressing in large skillet on medium-high heat 2 min. or until onions are tender, stirring occasionally. Stir in tomatoes; cook 2 min.

Drain pasta.

Add vegetable mixture and remaining ingredients; mix lightly.

Nutrition Facts



PROTEIN 12.63% **FAT 24.15%** **CARBS 63.22%**

Properties

Glycemic Index:10.35, Glycemic Load:3.16, Inflammation Score:-3, Nutrition Score:2.6600000190184%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 55.68kcal (2.78%), Fat: 1.5g (2.31%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 8.07g (2.93%), Sugar: 1.39g (1.54%), Cholesterol: 0.65mg (0.22%), Sodium: 42.05mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Selenium: 6.02µg (8.6%), Manganese: 0.14mg (6.86%), Vitamin A: 294.42IU (5.89%), Vitamin C: 4.82mg (5.84%), Vitamin K: 4.97µg (4.73%), Phosphorus: 31.53mg (3.15%), Fiber: 0.77g (3.07%), Potassium: 105.33mg (3.01%), Copper: 0.05mg (2.49%), Vitamin B6: 0.05mg (2.46%), Magnesium: 9.42mg (2.36%), Folate: 7.74µg (1.93%), Vitamin B3: 0.35mg (1.75%), Vitamin B1: 0.02mg (1.53%), Zinc: 0.23mg (1.53%), Calcium: 14.76mg (1.48%), Iron: 0.24mg (1.33%), Vitamin E: 0.19mg (1.24%)