



Fresh Tomato and Basil Pasta

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves
- ☐ 8 ounces mozzarella cheese fresh cut into 1/4-in. pieces
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 pound penne pasta
- ☐ 1 tbsp salt divided
- ☐ 1.5 pounds tomatoes halved seeded chopped

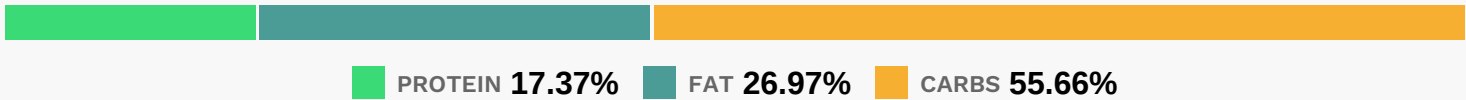
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and add 1 tbsp. salt and the penne; cook pasta until just tender to the bite. While pasta is cooking, combine tomatoes, mozzarella, garlic, and basil in a large bowl.
- ☐ Add olive oil and remaining salt to tomato mixture.
- ☐ Drain pasta, add to tomato mixture, and toss.
- ☐ Add salt to taste.
- ☐ Serve hot, at room temperature, or cold (as a pasta salad).

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:24.29, Inflammation Score:-8, Nutrition Score:18.228260817735%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 450.01kcal (22.5%), Fat: 13.45g (20.7%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 62.46g (20.82%), Net Carbohydrates: 58.57g (21.3%), Sugar: 5.42g (6.02%), Cholesterol: 29.86mg (9.95%), Sodium: 1410.52mg (61.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.98%), Selenium: 54.5µg (77.86%), Manganese: 0.92mg (45.81%), Phosphorus: 309.21mg (30.92%), Vitamin A: 1411.31IU (28.23%), Vitamin K: 28.7µg (27.34%), Calcium: 229.56mg (22.96%), Vitamin C: 16.88mg (20.46%), Zinc: 2.42mg (16.14%), Magnesium: 63.19mg (15.8%), Copper: 0.31mg (15.59%), Fiber: 3.89g (15.54%), Vitamin B12: 0.86µg (14.36%), Potassium: 486.16mg (13.89%), Vitamin B6: 0.24mg (12.15%), Vitamin B2: 0.18mg (10.54%), Vitamin B3: 2.05mg (10.24%), Iron: 1.65mg (9.15%), Folate: 36.04µg (9.01%), Vitamin E: 1.32mg (8.8%), Vitamin B1: 0.13mg (8.45%), Vitamin B5: 0.5mg (5%), Vitamin D: 0.15µg (1.01%)