



Fresh Tomato and Basil Pasta with Feta

READY IN



32 min.

SERVINGS



32

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

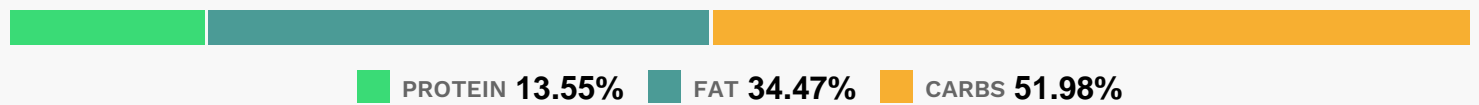
- 4 oz athenos feta cheese crumbled traditional
- 0.5 cup basil fresh thinly sliced
- 1 clove garlic minced
- 0.3 tsp ground pepper black
- 2 Tbsp olive oil
- 8 oz radiatore pasta pasta) (radiator-shaped uncooked
- 0.3 tsp salt
- 3 cups tomatoes ripe chopped

Equipment

Directions

- Mix tomatoes, basil, oil, garlic, salt and pepper.
- Cook pasta as directed on package; drain.
- Toss hot pasta with tomato mixture and feta cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:1.9595652183761%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 46.2kcal (2.31%), Fat: 1.78g (2.73%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.62g (2.04%), Sugar: 0.56g (0.62%), Cholesterol: 3.15mg (1.05%), Sodium: 59.74mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Selenium: 5.03µg (7.18%), Manganese: 0.09mg (4.49%), Vitamin K: 3.28µg (3.13%), Vitamin A: 151.19IU (3.02%), Phosphorus: 29.07mg (2.91%), Vitamin C: 2.01mg (2.44%), Vitamin B2: 0.04mg (2.19%), Calcium: 21.28mg (2.13%), Vitamin B6: 0.04mg (1.9%), Fiber: 0.41g (1.63%), Copper: 0.03mg (1.59%), Magnesium: 6.26mg (1.56%), Zinc: 0.23mg (1.53%), Potassium: 52.81mg (1.51%), Vitamin E: 0.22mg (1.46%), Vitamin B3: 0.24mg (1.21%), Folate: 4.77µg (1.19%), Vitamin B1: 0.02mg (1.16%)