



## Fresh Tomato and Garlic Penne

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 tablespoon basil fresh chopped
- 2 garlic clove finely chopped
- 8 ounces penne pasta uncooked
- 0.1 teaspoon pepper freshly ground
- 1 pound roma tomatoes coarsely chopped (plum) (6 medium)
- 0.3 teaspoon salt
- 2 teaspoons vegetable oil

## Equipment

frying pan

## Directions

Cook and drain pasta as directed on package.

While pasta is cooking, heat oil in 10-inch skillet over medium-high heat. Cook garlic in oil 30 seconds, stirring frequently. Stir in tomatoes. Cook 5 to 8 minutes, stirring frequently, until tomatoes are soft and sauce is slightly thickened. Stir in basil, salt and pepper. Cook 1 minute.

Serve sauce over pasta.

## Nutrition Facts



## Properties

Glycemic Index:106, Glycemic Load:36.66, Inflammation Score:-9, Nutrition Score:22.458260639854%

## Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 506.32kcal (25.32%), Fat: 6.69g (10.29%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 94.6g (31.53%), Net Carbohydrates: 88.14g (32.05%), Sugar: 9.03g (10.03%), Cholesterol: 0mg (0%), Sodium: 309.4mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.04%), Selenium: 72.1µg (103%), Manganese: 1.38mg (68.84%), Vitamin C: 32.19mg (39.01%), Vitamin A: 1942.92IU (38.86%), Vitamin K: 30.71µg (29.25%), Phosphorus: 274.1mg (27.41%), Fiber: 6.46g (25.84%), Copper: 0.48mg (23.81%), Potassium: 807.09mg (23.06%), Magnesium: 86.66mg (21.66%), Vitamin B6: 0.38mg (19.08%), Vitamin B3: 3.31mg (16.53%), Folate: 55.22µg (13.81%), Zinc: 2.03mg (13.53%), Vitamin B1: 0.19mg (12.83%), Iron: 2.18mg (12.14%), Vitamin E: 1.73mg (11.53%), Vitamin B5: 0.71mg (7.12%), Vitamin B2: 0.12mg (6.79%), Calcium: 54.43mg (5.44%)