



Fresh Tomato and Garlic Penne for Two

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oz penne pasta uncooked
- 2 teaspoons vegetable oil
- 2 cloves garlic finely chopped
- 1 lb plum tomatoes coarsely chopped (Roma) (6 medium)
- 1 tablespoon basil fresh chopped
- 0.3 teaspoon salt
- 0.1 teaspoon pepper freshly ground

Equipment

frying pan

Directions

Cook and drain pasta as directed on package, omitting salt.

Meanwhile, in 10-inch skillet, heat oil 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

 **PROTEIN 12.83%**  **FAT 17.5%**  **CARBS 69.67%**

Properties

Glycemic Index:106, Glycemic Load:19.64, Inflammation Score:-9, Nutrition Score:16.29217398685%

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: 295.97kcal (14.8%), Fat: 5.84g (8.98%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 47.61g (17.31%), Sugar: 7.51g (8.35%), Cholesterol: 0mg (0%), Sodium: 306mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.25%), Selenium: 36.27µg (51.81%), Manganese: 0.86mg (42.84%), Vitamin C: 32.19mg (39.01%), Vitamin A: 1942.92IU (38.86%), Vitamin K: 30.65µg (29.19%), Potassium: 680.65mg (19.45%), Fiber: 4.65g (18.59%), Phosphorus: 166.94mg (16.69%), Copper: 0.31mg (15.62%), Vitamin B6: 0.3mg (15.05%), Magnesium: 56.61mg (14.15%), Vitamin B3: 2.34mg (11.71%), Folate: 45.02µg (11.25%), Vitamin E: 1.67mg (11.11%), Vitamin B1: 0.14mg (9.43%), Zinc: 1.23mg (8.2%), Iron: 1.45mg (8.04%), Vitamin B2: 0.08mg (4.79%), Vitamin B5: 0.47mg (4.68%), Calcium: 42.52mg (4.25%)