



Fresh Tomato, Basil and Parmesan Pasta

READY IN



20 min.

SERVINGS



20

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup basil fresh thinly sliced
- 1 clove garlic minced
- 1 Tbsp olive oil
- 0.3 tsp pepper
- 0.8 cup reduced fat topping parmesan style grated kraft
- 8 oz rotini pasta uncooked
- 0.5 tsp salt
- 3 tomatoes ripe chopped

Equipment

Directions

- Mix tomatoes, basil, oil, garlic, salt and pepper.
- Cook rotini as directed on package; drain.
- Toss rotini with tomato mixture and grated topping.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:3.61, Inflammation Score:-2, Nutrition Score:2.7717391424205%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 61.9kcal (3.09%), Fat: 1.66g (2.56%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.71g (3.17%), Sugar: 0.79g (0.88%), Cholesterol: 3.3mg (1.1%), Sodium: 117.14mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Selenium: 7.85µg (11.22%), Manganese: 0.14mg (6.93%), Phosphorus: 53.69mg (5.37%), Calcium: 46.95mg (4.69%), Vitamin A: 197.63IU (3.95%), Vitamin K: 3.66µg (3.48%), Vitamin C: 2.65mg (3.21%), Copper: 0.05mg (2.75%), Magnesium: 9.8mg (2.45%), Fiber: 0.6g (2.4%), Zinc: 0.34mg (2.28%), Potassium: 75.83mg (2.17%), Vitamin B6: 0.04mg (1.76%), Vitamin B2: 0.03mg (1.71%), Vitamin B3: 0.31mg (1.56%), Vitamin E: 0.22mg (1.49%), Iron: 0.25mg (1.41%), Vitamin B12: 0.08µg (1.41%), Folate: 5.46µg (1.37%), Vitamin B1: 0.02mg (1.24%)