



Fresh tomato pasta

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



741 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 500 g penne pasta
- ☐ 4 tbsp olive oil
- ☐ 1 large to 5 chilies red deseeded finely chopped
- ☐ 16 spring onion cut into long strips
- ☐ 300 g cherry tomatoes
- ☐ 1 pinch brown sugar
- ☐ 1 juice of lemon
- ☐ 4 servings parmesan grated

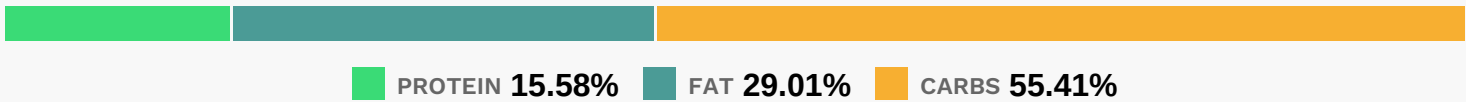
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the penne according to the pack instructions. While the pasta is cooking, heat the oil very gently and add the chilli, if using, and the spring onions. Slowly cook the spring onion until wilted, then add the cherry tomatoes and sprinkle with the sugar. Turn up the heat and cook until the tomatoes are blistered.
- ☐ Drain the pasta and tip into a large bowl. Toss with everything from the tomato pan and the lemon juice.
- ☐ Serve in pasta bowls with grated parmesan.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:38.88, Inflammation Score:-9, Nutrition Score:29.453912859378%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 741.07kcal (37.05%), Fat: 23.88g (36.73%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 102.59g (34.2%), Net Carbohydrates: 96.62g (35.14%), Sugar: 7.59g (8.43%), Cholesterol: 20.4mg (6.8%), Sodium: 505.47mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.71%), Selenium: 86.48µg (123.54%), Vitamin K: 112.1µg (106.76%), Manganese: 1.33mg (66.49%), Vitamin C: 45.19mg (54.78%), Phosphorus: 488.66mg (48.87%), Calcium: 426.63mg (42.66%), Magnesium: 98.86mg (24.71%), Copper: 0.48mg (24.14%), Fiber: 5.96g (23.86%), Vitamin A: 1187.16IU (23.74%), Vitamin E: 2.99mg (19.95%), Zinc: 2.91mg (19.42%), Potassium: 646.75mg (18.48%), Iron: 3.29mg (18.3%), Vitamin B6: 0.35mg (17.69%), Folate: 69.16µg (17.29%), Vitamin B3: 3mg

(15.02%), Vitamin B2: 0.24mg (14.14%), Vitamin B1: 0.19mg (12.5%), Vitamin B5: 0.84mg (8.4%), Vitamin B12: 0.36µg (6%)