



## Fresh Tomato Sauce with Linguine

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

SAUCE

### Ingredients

- 0.5 cup basil fresh coarsely chopped
- 2 tablespoons parsley fresh chopped
- 3 garlic clove thinly sliced
- 4 cups grape tomatoes halved
- 16 ounce pasta
- 3 tablespoons olive oil
- 6 servings parmesan fresh shaved
- 0.5 teaspoon pepper dried red crushed
- 2 tablespoons red wine vinegar

0.5 teaspoon salt

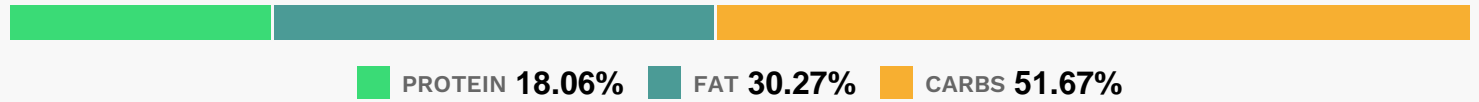
## Equipment

frying pan

## Directions

- Cook linguine according to package directions; drain.
- Saute garlic and pepper in hot oil in a large skillet over low heat.
- Add tomatoes and next 4 ingredients; cook 3 to 5 minutes.
- Toss together pasta and tomato mixture; garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:39.83, Glycemic Load:24.14, Inflammation Score:-8, Nutrition Score:19.269999960194%

## Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 482.43kcal (24.12%), Fat: 16.14g (24.84%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 62.01g (20.67%), Net Carbohydrates: 58.23g (21.18%), Sugar: 4.92g (5.46%), Cholesterol: 20.4mg (6.8%), Sodium: 688.25mg (29.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.68g (43.36%), Selenium: 54.78µg (78.26%), Manganese: 0.87mg (43.41%), Vitamin K: 43.02µg (40.97%), Calcium: 390.14mg (39.01%), Phosphorus: 380.01mg (38%), Vitamin A: 1329.12IU (26.58%), Vitamin C: 16.24mg (19.68%), Magnesium: 66.97mg (16.74%), Copper: 0.3mg (15.16%), Fiber: 3.78g (15.11%), Zinc: 2.12mg (14.11%), Potassium: 456.22mg (13.03%), Vitamin B6: 0.24mg (12.03%), Vitamin E: 1.78mg (11.9%), Vitamin B3: 2.02mg (10.11%), Vitamin B2: 0.17mg (9.99%), Iron: 1.76mg (9.78%), Folate: 34.09µg (8.52%), Vitamin B1: 0.12mg (8.12%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.57mg (5.7%)