



Fusilli with Fresh Tomato Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.5 cup basil fresh sliced
- ☐ 1 pound fusilli uncooked (corkscrew pasta)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 3 tablespoons romano cheese freshly grated
- ☐ 0.8 teaspoon salt
- ☐ 4.5 cups tomatoes chopped

Equipment

☐ bowl

Directions

- ☐ Combine first 7 ingredients in a large bowl. Cover and chill at least 2 hours. (May chill overnight, if desired.)
- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Add cooked pasta to tomato mixture, tossing lightly.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:24.52, Inflammation Score:-7, Nutrition Score:14.488260716848%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 361.46kcal (18.07%), Fat: 6.74g (10.37%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 63.03g (21.01%), Net Carbohydrates: 58.94g (21.43%), Sugar: 6.15g (6.83%), Cholesterol: 2.6mg (0.87%), Sodium: 332.49mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Selenium: 48.23µg (68.9%), Manganese: 0.9mg (44.96%), Vitamin A: 1048.39IU (20.97%), Vitamin C: 16.66mg (20.19%), Vitamin K: 20.53µg (19.55%), Phosphorus: 194.84mg (19.48%), Fiber: 4.08g (16.33%), Copper: 0.3mg (15.13%), Magnesium: 56.91mg (14.23%), Potassium: 468.86mg (13.4%), Vitamin B6: 0.22mg (10.94%), Vitamin B3: 1.99mg (9.94%), Vitamin E: 1.39mg (9.24%), Zinc: 1.37mg (9.11%), Folate: 34.48µg (8.62%), Iron: 1.48mg (8.2%), Vitamin B1: 0.12mg (7.83%), Calcium: 62.67mg (6.27%), Vitamin B2: 0.08mg (4.79%), Vitamin B5: 0.46mg (4.6%)