



Garlic-Herb Pasta

READY IN



28 min.

SERVINGS



4

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons basil fresh thinly sliced chopped
- ☐ 3 tablespoons parsley fresh minced
- ☐ 5 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 pounds plum tomatoes cut into eighths
- ☐ 1 teaspoon salt
- ☐ 8 ounces pasta like spaghetti uncooked thin

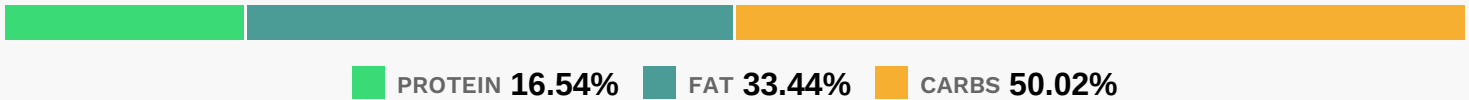
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Place pasta in a serving bowl, and keep warm.
- ☐ Saut garlic in hot oil in a large skillet over medium heat 1 minute. Stir in tomatoes and next 4 ingredients. Cook, stirring occasionally, 5 minutes or until thoroughly heated and tomatoes release juices.
- ☐ Pour over pasta; toss to combine.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:19.74, Inflammation Score:-9, Nutrition Score:23.640869886979%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 446.68kcal (22.33%), Fat: 16.77g (25.79%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 51.66g (18.79%), Sugar: 7.57g (8.41%), Cholesterol: 26.1mg (8.7%), Sodium: 1123.65mg (48.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.31%), Vitamin K: 78.39µg (74.66%), Selenium: 46.88µg (66.97%), Vitamin A: 2481.58IU (49.63%), Manganese: 0.91mg (45.31%), Vitamin C: 36.5mg (44.24%), Phosphorus: 360.31mg (36.03%), Calcium: 314.35mg (31.44%), Potassium: 757.08mg (21.63%), Fiber: 4.77g (19.08%), Magnesium: 69.12mg (17.28%), Zinc: 2.57mg (17.16%), Vitamin B6: 0.34mg (16.91%), Copper: 0.33mg (16.66%), Vitamin E: 2.49mg (16.58%), Folate: 51.74µg (12.93%), Vitamin B3: 2.41mg (12.07%), Vitamin B2: 0.19mg

(11.12%), Vitamin B1: 0.15mg (10.25%), Iron: 1.84mg (10.21%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.58mg (5.83%)