



Garlic-Lover's Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 28 ounce canned tomatoes italian-style undrained coarsely chopped canned
- 4 cups pasta hot cooked uncooked (8 ounces pasta)
- 0.1 teaspoon pepper red crushed
- 1 teaspoon basil dried
- 5 garlic cloves crushed
- 2 tablespoons olive oil
- 1 ounce parmesan cheese fresh grated
- 0.3 teaspoon salt

Equipment

frying pan

Directions

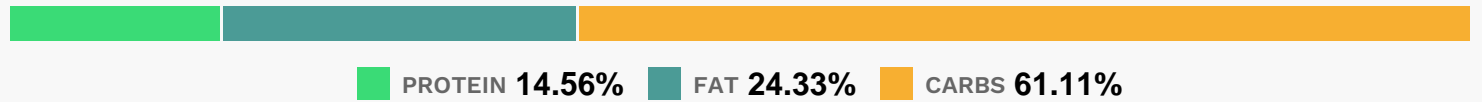
Heat oil in a large nonstick skillet over medium heat.

Add garlic; saut 1 minute.

Add basil, salt, peppers, and tomatoes; bring to a boil. Reduce heat, and simmer 10 minutes or until mixture starts to thicken.

Serve over pasta; top with cheese.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:24.93, Inflammation Score:-6, Nutrition Score:18.502173656355%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 388.93kcal (19.45%), Fat: 10.78g (16.58%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 60.91g (20.3%), Net Carbohydrates: 54.31g (19.75%), Sugar: 9.65g (10.72%), Cholesterol: 4.82mg (1.61%), Sodium: 524.3mg (22.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.03%), Selenium: 41.62µg (59.46%), Manganese: 0.94mg (46.8%), Iron: 4.85mg (26.92%), Copper: 0.53mg (26.46%), Fiber: 6.61g (26.43%), Vitamin E: 3.65mg (24.31%), Vitamin C: 19.43mg (23.55%), Vitamin B6: 0.43mg (21.33%), Phosphorus: 203.6mg (20.36%), Potassium: 676.36mg (19.32%), Vitamin K: 19.47µg (18.55%), Magnesium: 71.93mg (17.98%), Calcium: 174.84mg (17.48%), Vitamin B3: 3.07mg (15.36%), Vitamin B1: 0.19mg (12.57%), Zinc: 1.54mg (10.24%), Vitamin A: 503.43IU (10.07%), Vitamin B2: 0.16mg (9.63%), Folate: 37.37µg (9.34%), Vitamin B5: 0.77mg (7.73%), Vitamin B12: 0.09µg (1.42%)