



Garlicky Pasta with Fresh Tomatoes and Basil

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 pounds plum tomatoes chopped
- ☐ 1.5 teaspoons salt
- ☐ 6 cups campanella hot cooked uncooked (12 ounces pasta)

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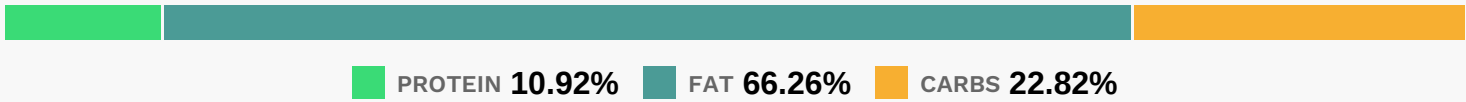
Equipment

☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add minced garlic; saut 30 seconds.
- ☐ Add chopped tomatoes; cook for 2 minutes or until thoroughly heated, stirring occasionally.
- ☐ Add pasta, basil, cheese, salt, and pepper, tossing gently to combine.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:7.6730434570623%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 110.37kcal (5.52%), Fat: 8.54g (13.14%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 4.73g (1.72%), Sugar: 4.03g (4.48%), Cholesterol: 3.21mg (1.07%), Sodium: 665.09mg (28.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin A: 1367.3IU (27.35%), Vitamin C: 21.42mg (25.97%), Vitamin K: 21.93µg (20.89%), Vitamin E: 1.85mg (12.32%), Manganese: 0.23mg (11.29%), Potassium: 373.93mg (10.68%), Calcium: 76.94mg (7.69%), Fiber: 1.89g (7.55%), Vitamin B6: 0.15mg (7.31%), Phosphorus: 72.25mg (7.23%), Folate: 23.98µg (5.99%), Copper: 0.1mg (5.09%), Magnesium: 20.1mg (5.02%), Vitamin B3: 0.93mg (4.67%), Vitamin B1: 0.06mg (4.09%), Iron: 0.57mg (3.15%), Zinc: 0.42mg (2.78%), Vitamin B2: 0.05mg (2.78%), Selenium: 1.29µg (1.84%), Vitamin B5: 0.17mg (1.69%)