

**100%**

Garlicky tomato pasta

**Very Healthy**

READY IN

**30 min.**

SERVINGS

**2**

CALORIES

**1263 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 small baking potatoes peeled quartered cut into small chunks
- ☐ 200 g shells (2 large handfuls)
- ☐ 4 medium tomatoes
- ☐ 3 tbsp olive oil
- ☐ 1 garlic clove crushed finely chopped
- ☐ 1 pinch chili powder crushed
- ☐ 2 servings cheese grated

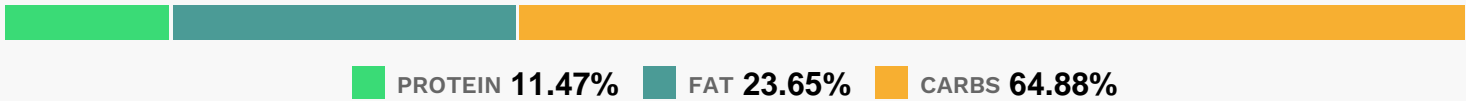
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pour a boiled kettleful of water into a medium pan, salt the water and bring it back to the boil over a highish heat. Tip the potatoes into the water and boil for 5 minutes. Tip the pasta into the same water, give it a stir and continue to boil everything for about 10 minutes or until the pasta and potatoes feel soft when prodded with a fork.
- ☐ While the pasta is cooking, chop the tomatoes into chunky pieces, then chop them a little bit more, as you would for a salsa. Scrape the tomatoes and their juice off the board into a bowl. Season generously with salt and pepper and mix in the olive oil, garlic and crushed chilli until its all amalgamated.
- ☐ When the pasta and potatoes are cooked, toss them in the bowl with the tomato sauce until evenly coated. Divide the pasta between two bowls and serve with a sprinkling of grated cheese.

Nutrition Facts



Properties

Glycemic Index:110.88, Glycemic Load:129.51, Inflammation Score:-10, Nutrition Score:51.327391427496%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 1262.9kcal (63.14%), Fat: 33.76g (51.94%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 208.37g (69.46%), Net Carbohydrates: 193.33g (70.3%), Sugar: 13.47g (14.97%), Cholesterol: 30mg (10%), Sodium: 249.99mg (10.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.85g (73.7%), Vitamin B6: 2.73mg (136.26%), Manganese: 2.29mg (114.7%), Selenium: 74.63µg (106.62%), Potassium: 3671.92mg (104.91%), Vitamin C: 72.93mg (88.4%), Phosphorus: 761.89mg (76.19%), Magnesium: 245.01mg (61.25%), Fiber: 15.04g (60.16%), Copper: 1.15mg (57.47%), Vitamin B3: 10.23mg (51.16%), Vitamin B1: 0.75mg (50.03%), Vitamin A: 2371.54IU (47.43%), Iron: 8.01mg (44.51%),

Vitamin K: 45.21µg (43.06%), Folate: 156.46µg (39.11%), Calcium: 349.19mg (34.92%), Zinc: 4.92mg (32.81%),
Vitamin E: 4.78mg (31.84%), Vitamin B5: 2.83mg (28.3%), Vitamin B2: 0.47mg (27.39%), Vitamin B12: 0.32µg (5.3%),
Vitamin D: 0.18µg (1.2%)