



 **37%**  
HEALTH SCORE

## Heirloom Tomato Basil and Olive Oil Wine Sauce over Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 16 oz soup noodles
- 5 heirloom tomatoes organic
- 0.3 cup basil fresh organic
- 0.3 cup basil fresh organic
- 4 small cloves garlic organic
- 1 Tablespoon olive oil extra virgin organic
- 0.3 cup wine dry white

1 Teaspoon sea salt to taste

## Equipment

pot

grater

## Directions

Grate 2 Heirloom Tomatoes with a cheese grater

Dice remaining 3 OG Heirloom Tomatoes and set aside

Chop Basil and set aside

Mince Garlic and saute in 1 Tablespoon Olive Oil till lightly golden stir often

Add Dry White Wine let reduce till syrupy

While Wine is reducing add some salt and some olive oil to a pot of water and bring to a boil for the pasta

Add grated and diced Tomatoes and Sea Salt

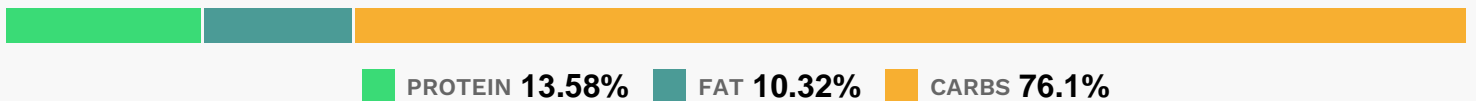
Add 1/2 cup Olive Oil

Turn down to med low and make pasta according to package directions

Add chopped Basil a little at a time

Cook until Tomatoes are hot and soft

## Nutrition Facts



## Properties

Glycemic Index:66.25, Glycemic Load:36, Inflammation Score:-8, Nutrition Score:20.491304347826%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

0.15mg, Kaempferol: 0.15mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg  
Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Taste

Sweetness: 75.23%, Saltiness: 32.9%, Sourness: 100%, Bitterness: 45.71%, Savoriness: 63.81%, Fattiness: 32.37%,  
Spiciness: 0%

## Nutrients (% of daily need)

Calories: 501.11kcal (25.06%), Fat: 5.56g (8.55%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 92.27g (30.76%),  
Net Carbohydrates: 86.67g (31.52%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 597.6mg (25.98%),  
Alcohol: 2.06g (11.44%), Protein: 16.47g (32.94%), Selenium: 72.13µg (103.04%), Manganese: 1.34mg (66.81%),  
Vitamin A: 1492.01IU (29.84%), Vitamin K: 31.1µg (29.62%), Vitamin C: 22.72mg (27.54%), Phosphorus: 261.65mg  
(26.17%), Fiber: 5.6g (22.4%), Copper: 0.44mg (22.2%), Magnesium: 82.34mg (20.58%), Potassium: 655.45mg  
(18.73%), Vitamin B6: 0.34mg (16.87%), Vitamin B3: 2.92mg (14.6%), Zinc: 1.95mg (13.02%), Iron: 2.15mg (11.92%),  
Folate: 46.48µg (11.62%), Vitamin B1: 0.17mg (11.15%), Vitamin E: 1.49mg (9.96%), Vitamin B5: 0.66mg (6.61%),  
Vitamin B2: 0.11mg (6.27%), Calcium: 53.89mg (5.39%)