



Heirloom Tomato Herb Pasta Salad

READY IN



45 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup crème fraîche
- ☐ 1 pound rotini pasta
- ☐ 2 pounds heirloom tomatoes mixed
- ☐ 0.8 cup herbs like: thym mixed chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons shallots finely chopped (from 1 medium)
- ☐ 1 teaspoons sugar
- ☐ 1 tablespoon citrus champagne vinegar

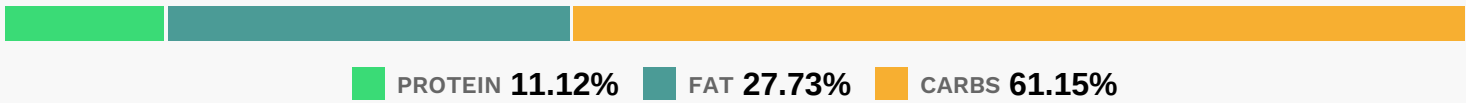
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Whisk together oil, crème fraîche, vinegar, sugar (if using), 1 teaspoon salt, and 1/2 teaspoon pepper in a large bowl. Coarsely chop tomatoes and toss with shallot and dressing. Marinate until ready to use, at least 10 minutes.
- ☐ While tomatoes stand, cook fusilli in a pasta pot of well-salted boiling water until al dente.
- ☐ Drain in a colander and immediately add to tomato mixture, tossing to combine. Cool to warm or room temperature (do not chill), tossing occasionally, then stir in herbs.

Nutrition Facts



Properties

Glycemic Index:31.26, Glycemic Load:18.65, Inflammation Score:-7, Nutrition Score:12.260869496542%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 314.01kcal (15.7%), Fat: 9.71g (14.94%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 44.88g (16.32%), Sugar: 5.53g (6.14%), Cholesterol: 5.65mg (1.88%), Sodium: 12.72mg (0.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.52%), Selenium: 36.23µg (51.75%), Manganese: 0.68mg (34.21%), Vitamin A: 1123.1IU (22.46%), Vitamin K: 22.58µg (21.5%), Vitamin C: 16.24mg (19.68%), Phosphorus: 144.57mg (14.46%), Fiber: 3.29g (13.16%), Copper: 0.24mg (12.18%), Potassium: 422.97mg (12.08%), Magnesium: 45.52mg (11.38%), Vitamin E: 1.7mg (11.35%), Vitamin B6: 0.19mg (9.36%), Vitamin B3: 1.67mg (8.36%),

Folate: 30.17µg (7.54%), Zinc: 1.05mg (7.02%), Iron: 1.2mg (6.65%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.07mg (4.35%), Vitamin B5: 0.39mg (3.89%), Calcium: 38.02mg (3.8%)