



Herbed Cherry Tomatoes over Pasta

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

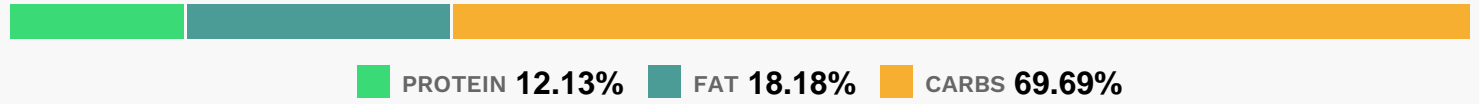
- 0.3 cup balsamic vinegar
- 12 ounces bow tie pasta uncooked
- 4 cups cherry tomatoes cut in half
- 0.3 cup less-sodium chicken broth fat-free
- 0.3 cup basil fresh chopped
- 2 tablespoons olive oil

Equipment

Directions

- Cook pasta according to package directions, omitting salt and fat; drain.
- Combine basil and next 3 ingredients; pour over pasta.
- Add cherry tomatoes, and toss gently.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:18.23, Inflammation Score:-6, Nutrition Score:10.956521845382%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 282.56kcal (14.13%), Fat: 5.65g (8.7%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 48.77g (16.26%), Net Carbohydrates: 46.25g (16.82%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 56.4mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Selenium: 36.54µg (52.2%), Manganese: 0.66mg (32.77%), Vitamin C: 22.83mg (27.67%), Phosphorus: 139.27mg (13.93%), Copper: 0.25mg (12.38%), Vitamin A: 538.49IU (10.77%), Potassium: 364.69mg (10.42%), Magnesium: 41.43mg (10.36%), Fiber: 2.53g (10.1%), Vitamin K: 9.8µg (9.33%), Iron: 1.59mg (8.81%), Vitamin E: 1.3mg (8.66%), Vitamin B6: 0.16mg (8.09%), Vitamin B3: 1.55mg (7.77%), Zinc: 0.96mg (6.4%), Folate: 23.89µg (5.97%), Vitamin B1: 0.09mg (5.85%), Vitamin B5: 0.39mg (3.86%), Vitamin B2: 0.06mg (3.45%), Calcium: 28.85mg (2.89%)