



Italian Pasta with Tomato & Basil

READY IN



20 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 1 Tbsp basil fresh sliced
- 1 clove garlic minced
- 2 Tbsp olive oil
- 1 cup parmesan shredded divided kraft
- 6 tomatoes chopped

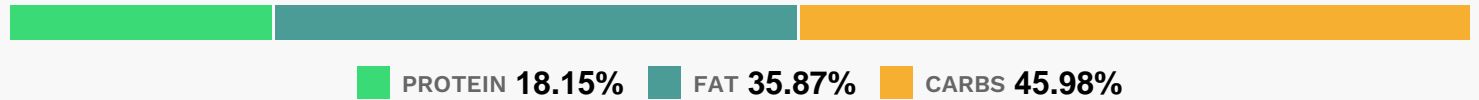
Equipment

- bowl

Directions

- Cook pasta as directed on package, omitting salt; drain.
- Place in large bowl.
- Add tomatoes, 3/4 cup cheese, basil, garlic and oil; mix lightly.
- Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:15.69, Inflammation Score:-8, Nutrition Score:16.826087021309%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg 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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 361.52kcal (18.08%), Fat: 14.52g (22.34%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 38.18g (13.88%), Sugar: 6.27g (6.96%), Cholesterol: 17mg (5.67%), Sodium: 412.76mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.05%), Selenium: 34.18µg (48.82%), Vitamin A: 1815.28IU (36.31%), Manganese: 0.66mg (32.93%), Calcium: 328.12mg (32.81%), Vitamin C: 25.79mg (31.27%), Phosphorus: 304.86mg (30.49%), Vitamin K: 25.81µg (24.58%), Potassium: 568.34mg (16.24%), Fiber: 3.69g (14.78%), Vitamin E: 2.12mg (14.15%), Magnesium: 56.34mg (14.09%), Copper: 0.26mg (12.76%), Vitamin B6: 0.25mg (12.3%), Zinc: 1.66mg (11.05%), Vitamin B3: 1.95mg (9.74%), Folate: 38.62µg (9.65%), Vitamin B2: 0.15mg (8.65%), Vitamin B1: 0.12mg (8.04%), Iron: 1.39mg (7.72%), Vitamin B12: 0.3µg (5%), Vitamin B5: 0.48mg (4.79%)