



Linguine with Cream Cheese

 Vegetarian

READY IN



130 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz philadelphia cream cheese cubed
- 0.3 cup basil fresh chopped
- 2 cloves garlic minced
- 18 oz pasta refrigerated cooked drained
- 0.5 cup olive oil
- 1 tsp pepper
- 0.5 cup pinenuts toasted
- 1 tsp salt

- 3 cups tomatoes chopped
- 1 Tbsp heinz red wine vinegar

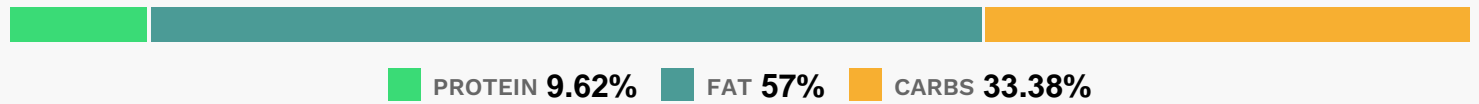
Equipment

- bowl

Directions

- Toss tomatoes with cream cheese, oil, basil, vinegar, garlic, salt and pepper; cover.
- Refrigerate at least 2 hours.
- Place pasta in large bowl.
- Add tomato mixture and pine nuts; toss lightly.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:10.09, Inflammation Score:-6, Nutrition Score:10.383043351381%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 293.04kcal (14.65%), Fat: 18.95g (29.15%), Saturated Fat: 6.65g (41.53%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 22.74g (8.27%), Sugar: 3.21g (3.56%), Cholesterol: 28.63mg (9.54%), Sodium: 383.72mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Manganese: 1.07mg (53.62%), Selenium: 19.46µg (27.8%), Vitamin A: 902.8IU (18.06%), Vitamin K: 15.75µg (15%), Phosphorus: 131.51mg (13.15%), Vitamin E: 1.77mg (11.81%), Copper: 0.22mg (11.15%), Magnesium: 42.69mg (10.67%), Vitamin C: 8.15mg (9.87%), Fiber: 2.23g (8.9%), Iron: 1.56mg (8.67%), Zinc: 1.13mg (7.52%), Potassium: 258.38mg (7.38%), Vitamin B2: 0.11mg (6.46%), Vitamin B6: 0.11mg (5.57%), Vitamin B3: 1mg (5%), Vitamin B1: 0.07mg (4.85%), Folate: 19.01µg (4.75%), Calcium: 43.46mg (4.35%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.06µg (1.04%)