



Macaroni Salad with Summer Tomatoes

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper red crushed
- 8 ounces elbow macaroni uncooked
- 3 tablespoons olive oil extravirgin divided
- 1 tablespoon basil fresh minced
- 2 tablespoons basil fresh thinly sliced
- 2 teaspoons garlic divided minced
- 0.1 teaspoon salt
- 0.8 teaspoon salt

- 0.5 teaspoon sugar
- 4 cups tomatoes seeded chopped (6 tomatoes)
- 3 tablespoons balsamic vinegar white
- 1 ounce bread white

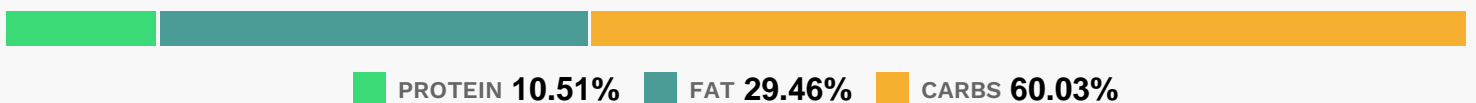
Equipment

- food processor
- bowl
- frying pan
- whisk

Directions

- Cook elbow macaroni according to package directions, omitting salt and fat.
- Drain and rinse with cold water; drain. Cover and chill.
- Combine white balsamic vinegar, 1 tablespoon basil, 3/4 teaspoon salt, sugar, and crushed red pepper in a large bowl.
- Add 2 tablespoons oil and 1 1/2 teaspoons garlic, stirring with a whisk.
- Add cooked pasta and tomato; toss well to coat.
- Place bread in a food processor; pulse 5 times or until coarse crumbs measure 1/2 cup.
- Heat remaining 1 tablespoon oil in a nonstick skillet over medium-high heat.
- Add breadcrumbs and remaining 1/2 teaspoon garlic to pan; saut 2 minutes or until browned and crisp, stirring frequently.
- Remove from heat; stir in 1/8 teaspoon salt. Cool.
- Serve with pasta mixture and sliced basil.

Nutrition Facts



Properties

Glycemic Index:50.36, Glycemic Load:2.77, Inflammation Score:-6, Nutrition Score:7.2243478401848%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 182.27kcal (9.11%), Fat: 5.97g (9.19%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 25.45g (9.25%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 279.35mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Selenium: 18.86µg (26.95%), Manganese: 0.4mg (19.83%), Vitamin A: 678.78IU (13.58%), Vitamin C: 10.58mg (12.82%), Vitamin K: 12.27µg (11.69%), Vitamin E: 1.23mg (8.18%), Phosphorus: 78.36mg (7.84%), Fiber: 1.93g (7.73%), Potassium: 257.2mg (7.35%), Copper: 0.14mg (6.89%), Magnesium: 25.66mg (6.42%), Vitamin B6: 0.11mg (5.74%), Vitamin B3: 1.11mg (5.56%), Folate: 20.76µg (5.19%), Vitamin B1: 0.07mg (4.86%), Iron: 0.81mg (4.51%), Zinc: 0.58mg (3.87%), Calcium: 25.6mg (2.56%), Vitamin B2: 0.04mg (2.45%), Vitamin B5: 0.21mg (2.14%)