



No-Cook Fresh Tomato Sauce with Pasta

READY IN



15 min.

SERVINGS



8

CALORIES



279 kcal

SAUCE

Ingredients

- 0.3 cup basil fresh chopped
- 0.5 cup lite house dressing italian kraft
- 2 lb plum tomatoes chopped
- 2 Tbsp onions red chopped
- 0.3 cup romano cheese grated kraft
- 1 lb grain spaghetti whole uncooked

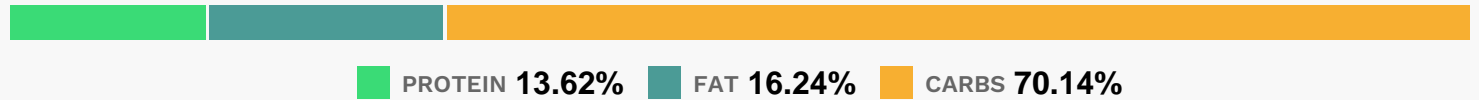
Equipment

- bowl

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, combine remaining ingredients in large bowl.
- Drain pasta.
- Add to tomato mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:18.27, Inflammation Score:-7, Nutrition Score:11.941304338043%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 279.28kcal (13.96%), Fat: 5.03g (7.74%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 48.89g (16.3%), Net Carbohydrates: 45.66g (16.6%), Sugar: 6.21g (6.9%), Cholesterol: 3.25mg (1.08%), Sodium: 192.55mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (18.99%), Selenium: 36.6µg (52.28%), Manganese: 0.67mg (33.31%), Vitamin A: 1002.47IU (20.05%), Vitamin K: 20.43µg (19.46%), Vitamin C: 15.91mg (19.29%), Phosphorus: 161.47mg (16.15%), Fiber: 3.23g (12.92%), Copper: 0.24mg (11.92%), Potassium: 416.08mg (11.89%), Magnesium: 45.27mg (11.32%), Vitamin B6: 0.19mg (9.37%), Vitamin B3: 1.67mg (8.34%), Zinc: 1.09mg (7.29%), Folate: 28.42µg (7.1%), Vitamin E: 1.01mg (6.73%), Vitamin B1: 0.1mg (6.57%), Iron: 1.13mg (6.3%), Calcium: 60.31mg (6.03%), Vitamin B2: 0.07mg (4.02%), Vitamin B5: 0.36mg (3.63%)