



Orecchiette with Tomatoes, Fresh Mozzarella, and Basil

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 cup basil fresh loosely packed chopped
- ☐ 2 garlic clove minced
- ☐ 5 ounces mozzarella fresh diced
- ☐ 2 cups orecchiette uncooked
- ☐ 3 cups plum tomatoes chopped

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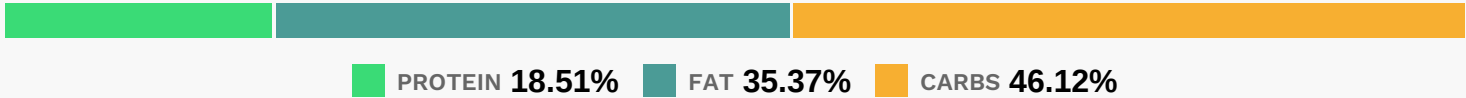
0.8 teaspoon salt

Equipment

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain and rinse under cold water.
- ☐ Drain.
- ☐ Combine pasta, tomato, and remaining ingredients. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:13.46, Inflammation Score:-9, Nutrition Score:16.869130567364%

Flavonoids

Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 312.28kcal (15.61%), Fat: 12.4g (19.08%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.9g (11.96%), Sugar: 6.07g (6.75%), Cholesterol: 28mg (9.33%), Sodium: 671.95mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.22%), Selenium: 29.98µg (42.83%), Vitamin A: 2071.33IU (41.43%), Vitamin K: 42.03µg (40.03%), Manganese: 0.65mg (32.7%), Vitamin C: 25.86mg (31.34%), Phosphorus: 244.94mg (24.49%), Calcium: 218.63mg (21.86%), Potassium: 557.37mg (15.92%), Fiber: 3.5g (14%), Vitamin B12: 0.81µg (13.47%), Zinc: 1.94mg (12.92%), Magnesium: 50.89mg (12.72%), Copper: 0.25mg (12.31%), Vitamin B6: 0.24mg (11.94%), Vitamin E: 1.67mg (11.12%), Folate: 40.01µg (10%), Vitamin B2: 0.16mg (9.64%), Vitamin B3: 1.81mg (9.04%), Vitamin B1: 0.12mg (7.69%), Iron: 1.38mg (7.68%), Vitamin B5: 0.39mg (3.92%)