

Pasta Basico

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup asiago cheese grated
- 2 tablespoons thyme leaves fresh chopped
- 1 clove garlic minced
- 3 tablespoons olive oil
- 4 servings salt and pepper to taste
- 8 ounce pasta like spaghetti
- 1 tomatoes diced

Equipment

bowl

pot

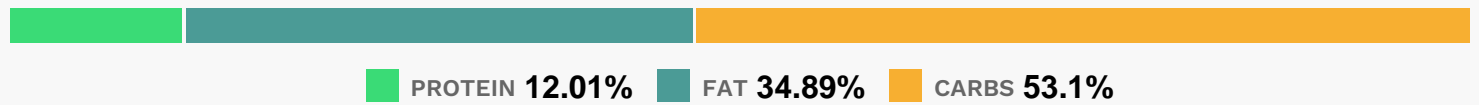
Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain. In large bowl, combine olive oil, garlic, tomato, thyme, salt and pepper. Toss with pasta.

Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:17.62, Inflammation Score:-10, Nutrition Score:10.355217371946%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 337.86kcal (16.89%), Fat: 13.09g (20.15%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 42.15g (15.33%), Sugar: 2.38g (2.64%), Cholesterol: 4.25mg (1.42%), Sodium: 299.51mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Selenium: 37.35µg (53.35%), Manganese: 0.63mg (31.47%), Phosphorus: 162.77mg (16.28%), Vitamin C: 10.05mg (12.18%), Vitamin E: 1.75mg (11.7%), Fiber: 2.69g (10.76%), Magnesium: 41.98mg (10.49%), Calcium: 104.74mg (10.47%), Copper: 0.21mg (10.29%), Vitamin A: 471.31IU (9.43%), Iron: 1.56mg (8.64%), Vitamin K: 8.93µg (8.5%), Zinc: 1.1mg (7.31%), Vitamin B6: 0.13mg (6.61%), Potassium: 229.53mg (6.56%), Vitamin B3: 1.23mg (6.16%), Vitamin B2: 0.08mg (4.58%), Vitamin B1: 0.07mg (4.53%), Folate: 16.85µg (4.21%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.08µg (1.25%)