



 **38%**
HEALTH SCORE

Pasta Pascal

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound angel hair pasta
- 0.5 teaspoon basil dried
- 4 cloves garlic minced
- 5 tablespoons olive oil
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 4 roma tomatoes diced (plum)
- 4 servings salt and pepper to taste

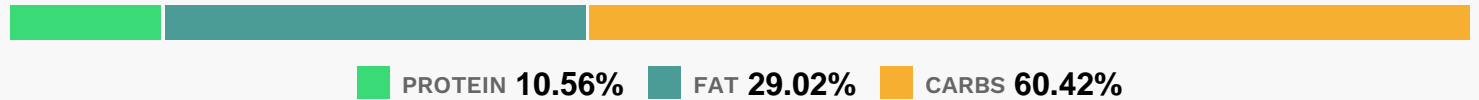
Equipment

- frying pan
- pot

Directions

- In a medium skillet over medium–high heat, saute garlic in oil 1 to 2 minutes. Stir in onion and cook 2 minutes more. Stir in tomatoes, oregano, basil, salt and pepper. Reduce heat to medium–low and let simmer.
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 3 to 5 minutes or until al dente; drain.
- Toss hot pasta with tomato mixture.
- Serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:35.52, Inflammation Score:-7, Nutrition Score:17.55260859365%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 602.99kcal (30.15%), Fat: 19.39g (29.84%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 90.88g (30.29%), Net Carbohydrates: 85.82g (31.21%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 205.81mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.75%), Selenium: 72.25µg (103.21%), Manganese: 1.22mg (61.07%), Phosphorus: 242.48mg (24.25%), Vitamin E: 3.05mg (20.31%), Fiber: 5.06g (20.23%), Copper: 0.39mg (19.42%), Vitamin K: 19.4µg (18.48%), Magnesium: 71.99mg (18%), Vitamin B6: 0.29mg (14.26%), Vitamin C: 11.47mg (13.91%), Potassium: 458.65mg (13.1%), Zinc: 1.8mg (12.01%), Vitamin B3: 2.37mg (11.83%), Iron: 2.05mg

(11.41%), Vitamin A: 522.46IU (10.45%), Vitamin B1: 0.14mg (9.61%), Folate: 36.01µg (9%), Vitamin B5: 0.6mg (5.99%),
Vitamin B2: 0.09mg (5.49%), Calcium: 48.86mg (4.89%)