



Pasta with Five Fresh Herbs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pints cherry tomatoes fresh
- ☐ 4 teaspoons olive oil extravirgin divided
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped

- ☐ 1 garlic clove minced
- ☐ 3 ounces goat cheese crumbled
- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 1 pound penne rigate uncooked
- ☐ 0.5 teaspoon salt

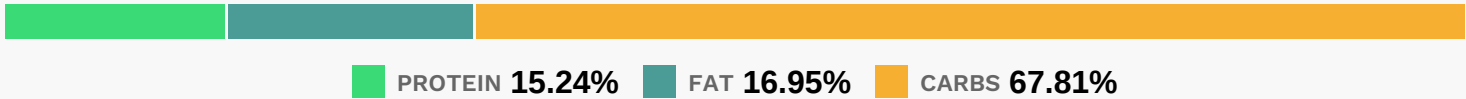
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Place in a large bowl.
- ☐ Add 2 teaspoons olive oil, basil, oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper to hot pasta, and toss well to combine.
- ☐ Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add tomatoes and garlic; saut 2 minutes.
- ☐ Add chives and thyme; saut 1 additional minute or until tomatoes are slightly charred and skins are just beginning to burst.
- ☐ Add broth; bring to a boil. Cook over high heat 1 minute.
- ☐ Add tomato mixture and parsley to pasta; toss gently to combine.
- ☐ Sprinkle with cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:22.79, Inflammation Score:-8, Nutrition Score:17.916087046913%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 373.25kcal (18.66%), Fat: 7.04g (10.83%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 63.36g (21.12%), Net Carbohydrates: 59.62g (21.68%), Sugar: 6.14g (6.82%), Cholesterol: 6.52mg (2.17%), Sodium: 346.24mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.49%), Selenium: 49.48µg (70.68%), Vitamin C: 38.63mg (46.83%), Manganese: 0.93mg (46.59%), Vitamin K: 34.75µg (33.1%), Phosphorus: 228.49mg (22.85%), Copper: 0.46mg (22.83%), Vitamin A: 1116.25IU (22.32%), Potassium: 541.01mg (15.46%), Fiber: 3.74g (14.97%), Magnesium: 59.37mg (14.84%), Iron: 2.61mg (14.47%), Vitamin B6: 0.28mg (14.12%), Vitamin B3: 2.34mg (11.68%), Folate: 39.75µg (9.94%), Zinc: 1.46mg (9.75%), Vitamin E: 1.43mg (9.52%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.14mg (8.41%), Vitamin B5: 0.67mg (6.65%), Calcium: 63.02mg (6.3%), Vitamin B12: 0.06µg (1.08%)