



Pasta with Fresh No-Cook Tomato Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 medium garlic clove minced
- 1 teaspoon kosher salt as needed plus more
- 0.3 cup olive oil
- 1 tablespoon oregano finely chopped
- 1 ounce parmesan cheese freshly grated plus more for serving
- 2 tablespoons flat parsley italian finely chopped
- 1 pound .5 oz. macaroni dried such as penne, gemelli, or fusilli
- 1 pound grape tomatoes halved quartered

Equipment

bowl

pot

Directions

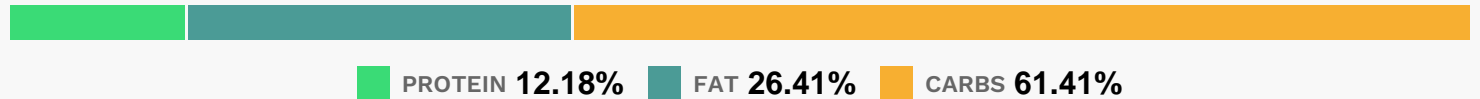
Combine the tomatoes, oil, garlic, parsley, oregano, measured salt, and pepper in a large, nonreactive bowl and stir to combine.

Let sit at room temperature to allow the flavors to meld, at least 30 minutes and up to 1 hour. Bring a large pot of heavily salted water to a boil, add the pasta, and cook according to the package directions or until al dente. Reserve 1/2 cup of the cooking water, then drain. Immediately add the hot pasta to the bowl with the tomatoes.

Add the reserved pasta water, goat cheese, and measured Parmesan, and toss until evenly combined.

Serve immediately or at room temperature, passing more Parmesan on the side.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:14.732608677252%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 398.13kcal (19.91%), Fat: 11.67g (17.96%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 61.07g (20.36%), Net Carbohydrates: 57.28g (20.83%), Sugar: 4.07g (4.52%), Cholesterol: 4.11mg (1.37%), Sodium: 479.92mg (20.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Selenium: 49.62µg (70.89%), Manganese: 0.87mg (43.31%), Vitamin K: 38.88µg (37.03%), Phosphorus: 194.78mg (19.48%), Vitamin A: 798.1IU (15.96%), Fiber: 3.79g (15.15%), Vitamin C: 12.46mg (15.1%), Copper: 0.28mg (13.89%), Magnesium: 53.5mg (13.37%),

Vitamin E: 1.98mg (13.17%), Potassium: 380.73mg (10.88%), Vitamin B6: 0.19mg (9.72%), Zinc: 1.45mg (9.67%), Iron: 1.68mg (9.36%), Vitamin B3: 1.8mg (9.01%), Calcium: 83.23mg (8.32%), Folate: 29.29µg (7.32%), Vitamin B1: 0.1mg (6.81%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.06µg (1.06%)