



Pasta with Fresh Tomato-Basil Sauce

READY IN



15 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups cherry tomatoes halved
- ☐ 9 ounce fettuccine barilla fresh refrigerated
- ☐ 1 cup basil leaves fresh
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmigiano-reggiano cheese shaved
- ☐ 0.5 teaspoon salt

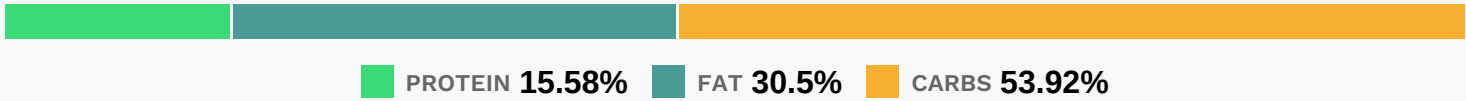
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; place pasta in a large bowl.
- ☐ While pasta cooks, heat oil in a medium saucepan over medium heat.
- ☐ Add garlic to pan; cook 1 minute, stirring frequently.
- ☐ Add tomatoes and salt; cover and cook 4 minutes.
- ☐ Remove from heat; stir in basil and pepper.
- ☐ Add tomato mixture to pasta; toss well to combine. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:19.45, Inflammation Score:-8, Nutrition Score:19.193912858548%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 387.69kcal (19.38%), Fat: 13.28g (20.43%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 52.82g (17.61%), Net Carbohydrates: 49.5g (18%), Sugar: 5.05g (5.61%), Cholesterol: 62.08mg (20.69%), Sodium: 521.51mg (22.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.26g (30.52%), Selenium: 54.17µg (77.38%), Vitamin C: 35.75mg (43.34%), Manganese: 0.83mg (41.38%), Vitamin K: 34.06µg (32.44%), Phosphorus: 289.2mg (28.92%), Vitamin A: 1183.17IU (23.66%), Calcium: 202.21mg (20.22%), Copper: 0.34mg (16.85%), Vitamin B6: 0.3mg (15.22%),

Magnesium: 60.53mg (15.13%), Potassium: 520.47mg (14.87%), Iron: 2.61mg (14.5%), Vitamin E: 2.16mg (14.38%),
Fiber: 3.32g (13.29%), Zinc: 1.85mg (12.36%), Vitamin B1: 0.17mg (11.58%), Vitamin B3: 2.24mg (11.19%), Folate: 42.91µg
(10.73%), Vitamin B5: 0.86mg (8.58%), Vitamin B2: 0.14mg (8.17%), Vitamin B12: 0.34µg (5.58%), Vitamin D: 0.25µg
(1.69%)