



WHATSheATE



Pasta with Fresh Tomato Sauce

♥♥ Popular

READY IN



25 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil fresh finely chopped
- ☐ 0.5 cup dressing italian
- ☐ 0.3 cup parmesan cheese grated
- ☐ 16 ounce penne pasta dry
- ☐ 0.3 cup onion diced red
- ☐ 8 roma tomatoes diced (plum)

Equipment

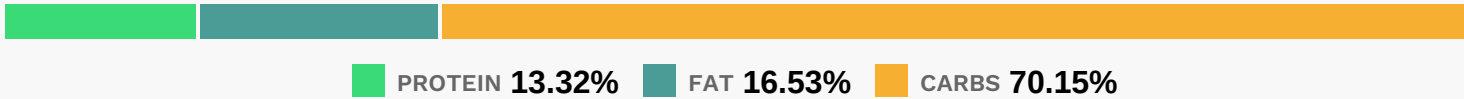
- ☐ bowl

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place the penne pasta in the pot, cook 10 minutes, until al dente, and drain.
- ☐ In a large bowl, toss the cooked pasta with the tomatoes, Italian dressing, basil, red onion, and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:17.76, Inflammation Score:-6, Nutrition Score:10.056521717945%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 272.09kcal (13.6%), Fat: 4.96g (7.64%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 44.75g (16.27%), Sugar: 4.95g (5.5%), Cholesterol: 2.72mg (0.91%), Sodium: 207.27mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Selenium: 37.25µg (53.21%), Manganese: 0.61mg (30.64%), Vitamin K: 16.37µg (15.59%), Phosphorus: 145.93mg (14.59%), Vitamin A: 588.44IU (11.77%), Vitamin C: 9.06mg (10.98%), Fiber: 2.66g (10.62%), Copper: 0.21mg (10.47%), Magnesium: 39.68mg (9.92%), Potassium: 300.98mg (8.6%), Vitamin B6: 0.15mg (7.46%), Zinc: 1.07mg (7.1%), Vitamin B3: 1.37mg (6.83%), Iron: 0.99mg (5.51%), Vitamin B1: 0.08mg (5.35%), Folate: 21.15µg (5.29%), Calcium: 50.12mg (5.01%), Vitamin E: 0.74mg (4.95%), Vitamin B2: 0.06mg (3.44%), Vitamin B5: 0.32mg (3.17%)