



Pasta with Fresh Tomatoes

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



684 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon coriander seeds crushed
- 0.1 teaspoon pepper red crushed
- 2 garlic cloves minced
- 3 tablespoons green onions minced
- 3 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 3 tablespoons oregano fresh chopped
- 6 cups vermicelli hot cooked uncooked ()

- 0.3 teaspoon salt
- 4 cups tomatoes diced seeded

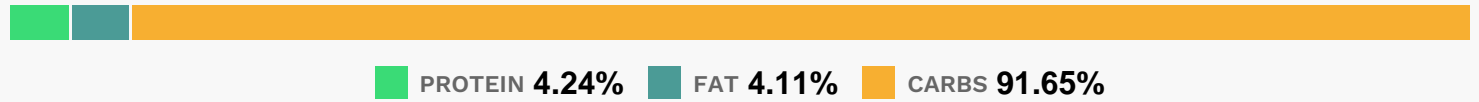
Equipment

- bowl

Directions

- Combine first 9 ingredients in a large bowl, and toss well.
- Add the pasta; toss well.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:84.91, Inflammation Score:-9, Nutrition Score:12.397391428118%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 683.64kcal (34.18%), Fat: 3.04g (4.68%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 152.85g (50.95%), Net Carbohydrates: 148.11g (53.86%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 400.99mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Manganese: 1.08mg (54.22%), Selenium: 27.08µg (38.68%), Phosphorus: 295.69mg (29.57%), Vitamin K: 23.3µg (22.19%), Fiber: 4.74g (18.95%), Vitamin C: 13.14mg (15.92%), Vitamin A: 684.58IU (13.69%), Iron: 2.24mg (12.45%), Zinc: 1.52mg (10.16%), Copper: 0.2mg (10.1%), Magnesium: 36.4mg (9.1%), Potassium: 272.24mg (7.78%), Calcium: 74.59mg (7.46%), Vitamin E: 1.03mg (6.87%), Vitamin B1: 0.09mg (6.04%), Vitamin B6: 0.12mg (5.99%), Folate: 23.54µg (5.88%), Vitamin B3: 0.95mg (4.76%), Vitamin B2: 0.06mg (3.45%), Vitamin B5: 0.19mg (1.88%)