



Pasta with Fresh Tomatoes and Corn

READY IN



30 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup corn kernels whole cooked
- 1 teaspoon basil dried
- 2 teaspoons basil fresh chopped
- 0.5 cup green onions chopped
- 4 servings ground pepper black to taste
- 4 tablespoons olive oil
- 1 tablespoon parmesan cheese grated
- 8 ounces soup noodles
- 2 tablespoons red wine vinegar

4 servings salt to taste

4 tomatoes chopped

Equipment

bowl

whisk

pot

Directions

In a large pot with boiling salted water cook pasta until al dente.

Drain.

Meanwhile, in a large bowl whisk together the olive oil, red wine vinegar, and dried basil.

Add salt and pepper to taste. Stir in the tomatoes, corn kernels, and scallions.

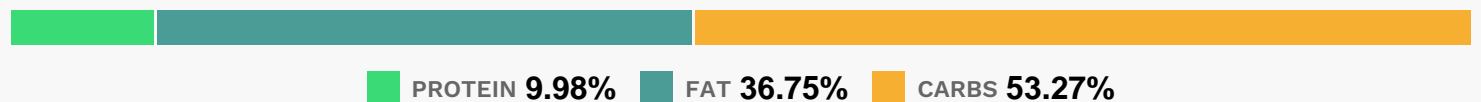
Let sit for 5 to 10 minutes.

Toss pasta with tomato mixture.

Sprinkle with grated parmesan cheese.

Garnish with fresh basil, if desired.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:18.48, Inflammation Score:-8, Nutrition Score:15.045217299267%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 381.52kcal (19.08%), Fat: 15.74g (24.22%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 51.33g (17.11%), Net Carbohydrates: 47.19g (17.16%), Sugar: 5.96g (6.62%), Cholesterol: 1.09mg (0.36%), Sodium: 270.33mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.23%), Selenium: 36.48µg (52.12%), Vitamin K: 48.76µg (46.43%), Manganese: 0.75mg (37.32%), Vitamin C: 19.58mg (23.73%), Vitamin A: 1174.3IU (23.49%), Vitamin E: 2.86mg (19.1%), Fiber: 4.15g (16.58%), Phosphorus: 160.13mg (16.01%), Potassium: 492.97mg (14.08%), Copper: 0.26mg (13.09%), Magnesium: 51.47mg (12.87%), Folate: 45.14µg (11.29%), Vitamin B6: 0.2mg (9.94%), Vitamin B3: 1.98mg (9.9%), Iron: 1.66mg (9.25%), Zinc: 1.2mg (7.99%), Vitamin B1: 0.11mg (7.44%), Vitamin B2: 0.09mg (5.48%), Calcium: 51.71mg (5.17%), Vitamin B5: 0.44mg (4.44%)