



WHATSHATE



Pasta with Garlic, Sun-Dried Tomatoes and Basil



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large bunch basil
- ☐ 0.3 cup tiny capers
- ☐ 8 large cloves garlic minced
- ☐ 1 cup oil-cured olives pitted halved
- ☐ 0.5 cup olive oil
- ☐ 8 servings salt and pepper freshly ground to taste
- ☐ 1 pound soba noodles (great too) gluten-free boiled

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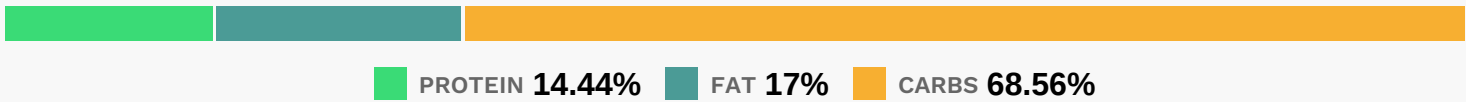
2 cups sun-dried tomatoes dry thinly sliced

Equipment

Directions

- ☐ Toss all ingredients together thoroughly.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.81, Glycemic Load:26.09, Inflammation Score:-7, Nutrition Score:16.953913097796%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 315.75kcal (15.79%), Fat: 6.57g (10.11%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 59.59g (19.86%), Net Carbohydrates: 55.4g (20.14%), Sugar: 10.49g (11.65%), Cholesterol: 0mg (0%), Sodium: 1087.56mg (47.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.11%), Manganese: 1.31mg (65.3%), Potassium: 1110.45mg (31.73%), Copper: 0.57mg (28.73%), Vitamin B1: 0.43mg (28.55%), Magnesium: 112.27mg (28.07%), Phosphorus: 248.29mg (24.83%), Iron: 4.3mg (23.91%), Vitamin B3: 4.41mg (22.07%), Vitamin K: 19.23µg (18.32%), Fiber: 4.19g (16.77%), Vitamin C: 12.13mg (14.7%), Folate: 55.25µg (13.81%), Vitamin B6: 0.27mg (13.63%), Vitamin B2: 0.22mg (13%), Vitamin B5: 1.14mg (11.4%), Zinc: 1.58mg (10.56%), Vitamin A: 367.24IU (7.34%), Vitamin E: 1.09mg (7.29%), Calcium: 68.4mg (6.84%), Selenium: 2.16µg (3.09%)