



WHATSheATE



HEALTH SCORE

61%

Pasta with Grape Tomatoes and Basil



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 oz basil fresh chopped



3 garlic cloves thinly sliced



2 pints grape tomatoes



0.3 cup olive oil



1 pound soup noodles dried



6 servings salt and pepper



1 teaspoon sugar

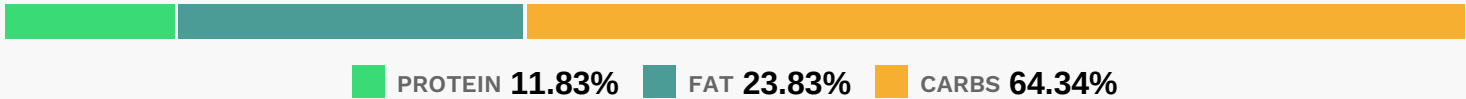
Equipment

☐ sauce pan

Directions

- ☐ Cook pasta in boiling salted water until al dente.
- ☐ Drain well and keep warm.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add the garlic and cook for 1 minute, stirring occasionally.
- ☐ Add the tomatoes, basil, salt, pepper and sugar. Cook about 8 minutes, stirring occasionally.
- ☐ Add the pasta to the sauce and stir well to combine.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:41.68, Glycemic Load:25.01, Inflammation Score:-9, Nutrition Score:19.739130455515%

Flavonoids

Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 396.48kcal (19.82%), Fat: 10.56g (16.24%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 64.12g (21.37%), Net Carbohydrates: 59.55g (21.65%), Sugar: 6.89g (7.66%), Cholesterol: 0mg (0%), Sodium: 207.22mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin K: 76.8µg (73.15%), Selenium: 48.04µg (68.63%), Manganese: 1.06mg (53.07%), Vitamin A: 2061.71IU (41.23%), Vitamin C: 24.63mg (29.85%), Phosphorus: 190.97mg (19.1%), Copper: 0.37mg (18.54%), Fiber: 4.57g (18.28%), Potassium: 590.37mg (16.87%), Magnesium: 66.87mg (16.72%), Vitamin E: 2.35mg (15.64%), Vitamin B6: 0.27mg (13.71%), Vitamin B3: 2.36mg (11.8%), Folate: 46.95µg (11.74%), Iron: 1.94mg (10.75%), Zinc: 1.47mg (9.78%), Vitamin B1: 0.13mg (8.95%), Calcium: 59.67mg (5.97%), Vitamin B2: 0.09mg (5.17%), Vitamin B5: 0.5mg (5.05%)