



Pasta with No-Cook Tomato Sauce

READY IN



25 min.

SERVINGS



15

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 servings pepper black freshly ground
- ☐ 2 tablespoons basil fresh minced
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon kosher salt plus more to taste
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh minced
- ☐ 0.3 cup parmesan grated
- ☐ 10 ounce .5 oz. macaroni
- ☐ 2 pounds tomatoes cored ripe chopped

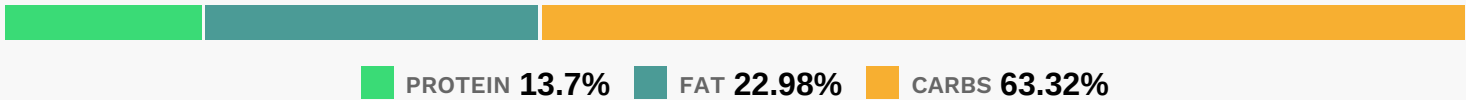
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a bowl, toss tomatoes, olive oil, basil, oregano, garlic and salt. Cover and let stand for 30 minutes.
- ☐ Bring a large pot of salted water to a boil. Cook pasta until al dente, about 10 minutes or as package label directs.
- ☐ Drain pasta and place in bowl with tomatoes.
- ☐ Add Parmesan, if desired, and stir to combine. Season with additional salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.47, Glycemic Load:0.67, Inflammation Score:-6, Nutrition Score:5.2413043417037%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 105.53kcal (5.28%), Fat: 2.72g (4.19%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 16.89g (5.63%), Net Carbohydrates: 15.38g (5.59%), Sugar: 2.13g (2.36%), Cholesterol: 1.13mg (0.38%), Sodium: 186.08mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Selenium: 12.37µg (17.67%), Manganese: 0.28mg (13.94%), Vitamin A: 537.11IU (10.74%), Vitamin C: 8.4mg (10.19%), Vitamin K: 9.29µg (8.85%), Phosphorus: 62.91mg (6.29%), Fiber: 1.51g (6.02%), Potassium: 194.18mg (5.55%), Copper: 0.1mg (4.8%), Magnesium: 18.7mg (4.67%), Vitamin E: 0.68mg (4.56%), Vitamin B6: 0.08mg (4.17%), Calcium: 36.47mg (3.65%), Vitamin B3: 0.71mg (3.53%), Folate: 13.58µg (3.4%), Iron: 0.58mg (3.21%), Zinc: 0.43mg (2.87%), Vitamin B1: 0.04mg (2.75%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.15mg (1.49%)