



Pasta with Roasted Tomatoes and Garlic

READY IN



35 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pints multicolored cherry tomatoes
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 2 ounces parmigiano-reggiano cheese shaved
- ☐ 8 ounces pasta like spaghetti uncooked

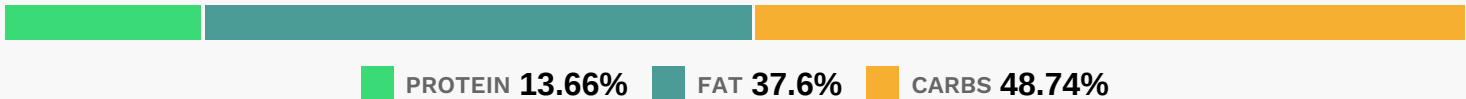
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ colander

Directions

- ☐ Preheat oven to 45
- ☐ Bring a large pot of water to a boil; add 1 tablespoon salt.
- ☐ Add pasta; cook 10 minutes or until al dente.
- ☐ Drain pasta in a colander over a bowl, reserving 6 tablespoons cooking liquid. Return pasta to pan.
- ☐ Combine reserved cooking liquid and 2 tablespoons oil in a small saucepan; bring to a boil. Boil 4 minutes or until mixture measures 1/3 cup.
- ☐ Add oil mixture to pan with pasta; toss to coat.
- ☐ While pasta cooks, combine remaining 2 tablespoons oil, tomatoes, and garlic on a jelly-roll pan, tossing to combine.
- ☐ Bake at 450 for 11 minutes or until tomatoes are lightly browned and begin to burst.
- ☐ Add tomato mixture, 1/2 teaspoon salt, and pepper to pasta; toss to coat. Top with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:17.45, Inflammation Score:-8, Nutrition Score:19.353043544552%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 432.97kcal (21.65%), Fat: 18.31g (28.16%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 53.39g (17.8%), Net Carbohydrates: 49.8g (18.11%), Sugar: 7.55g (8.39%), Cholesterol: 9.64mg (3.21%), Sodium: 2292.17mg (99.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.92%), Vitamin C: 55.15mg (66.85%), Selenium: 40.65µg (58.07%), Manganese: 0.86mg (42.99%), Phosphorus: 277.41mg (27.74%), Vitamin A: 1347.7IU (26.95%), Vitamin E: 3.38mg (22.52%), Calcium: 215.79mg (21.58%), Vitamin K: 21.53µg (20.5%), Potassium: 673.91mg (19.25%), Copper: 0.36mg (18.19%), Vitamin B6: 0.32mg (16.01%), Magnesium: 59.56mg (14.89%), Iron: 2.67mg (14.81%), Fiber: 3.59g (14.36%), Vitamin B3: 2.3mg (11.48%), Folate: 43.09µg (10.77%), Zinc: 1.57mg (10.49%), Vitamin B1: 0.15mg (9.89%), Vitamin B2: 0.14mg (8.11%), Vitamin B5: 0.64mg (6.37%), Vitamin B12: 0.17µg (2.83%)