



Pasta with Sun-Dried Tomatoes

 Vegetarian

READY IN



27 min.

SERVINGS



8

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves packed julienned
- ☐ 0.8 cup olives diced black such as kalamata, pitted and good
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers drained
- ☐ 1 pound mozzarella cheese fresh
- ☐ 0.5 pound fusilli pasta spirals
- ☐ 1 garlic clove diced
- ☐ 2 teaspoons kosher salt

- ☐ 8 servings kosher salt
- ☐ 6 tablespoons olive oil good
- ☐ 8 servings olive oil
- ☐ 1 cup parmesan freshly grated
- ☐ 2 tablespoons red wine vinegar
- ☐ 5 sun-dried tomatoes drained in oil
- ☐ 6 sun-dried tomatoes drained chopped in oil
- ☐ 1 pound tomatoes ripe

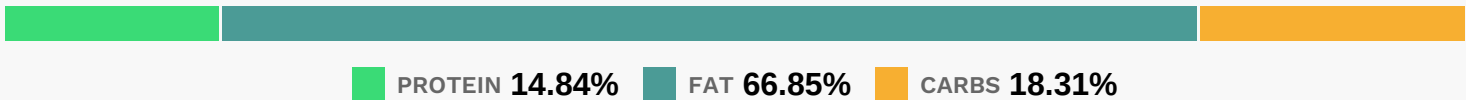
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the pasta in a large pot of boiling salted water with a splash of oil to keep it from sticking together. Boil for 12 minutes, or according to the directions on the package.
- ☐ Drain well and allow to cool.
- ☐ Place the pasta in a bowl and add the tomatoes, olives, mozzarella, and chopped sun-dried tomatoes.
- ☐ For the dressing, combine the sun-dried tomatoes, vinegar, olive oil, garlic, capers, salt, and pepper in a food processor until almost smooth.
- ☐ Pour the dressing over the pasta, sprinkle with the Parmesan and basil, and toss well.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:9.61, Inflammation Score:-7, Nutrition Score:16.589130396428%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 580.69kcal (29.03%), Fat: 43.49g (66.91%), Saturated Fat: 13.32g (83.27%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 24.46g (8.89%), Sugar: 3.02g (3.35%), Cholesterol: 53.29mg (17.76%), Sodium: 1551.79mg (67.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.44%), Calcium: 462.34mg (46.23%), Selenium: 30.68µg (43.83%), Phosphorus: 363.77mg (36.38%), Vitamin K: 33.78µg (32.17%), Vitamin E: 4.51mg (30.07%), Vitamin A: 1215.65IU (24.31%), Vitamin B12: 1.44µg (24.05%), Manganese: 0.43mg (21.59%), Zinc: 2.57mg (17.12%), Vitamin C: 12.65mg (15.34%), Vitamin B2: 0.25mg (14.69%), Magnesium: 45.42mg (11.36%), Potassium: 336.87mg (9.62%), Fiber: 2.36g (9.42%), Copper: 0.18mg (8.87%), Iron: 1.33mg (7.39%), Vitamin B6: 0.14mg (7.25%), Vitamin B3: 1.12mg (5.62%), Folate: 21.92µg (5.48%), Vitamin B1: 0.08mg (5.4%), Vitamin B5: 0.34mg (3.43%), Vitamin D: 0.29µg (1.93%)