



Pasta with Tomato, Spinach, Basil, and Brie

READY IN



30 min.

SERVINGS



4

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cloves garlic minced
- 0.3 cup olive oil extra virgin
- 1 pound tomatoes fresh ripe chopped (2 medium tomatoes)
- 6 ounces round of président brie cut into small chunks
- 1 juice of lemon
- 1 handful basil sliced thin
- 5 ounces baby spinach dry rinsed
- 0.5 pound soup noodles
- 0.5 cup parmesan grated

- 4 servings salt and pepper

Equipment

- bowl
- pot
- microwave

Directions

- Heat a large pot of salted water for making the pasta (1 tablespoon of salt for every 2 quarts of water). While the water is heating, prep the ingredients. Once water is boiling, add the pasta and cook until al dente (cooked through, but still a little firm to the bite).
- Heat brie with tomatoes, garlic, olive oil, lemon, in microwave: While the pasta is cooking, place the garlic, olive oil, chopped tomatoes, chunks of brie (make sure to cut away the white rind!), lemon zest, and lemon juice into a large, microwave safe bowl.
- Microwave for 2-3 minutes, or until the brie is melty and soft. (If you don't have a microwave, place the ingredients in a bowl and let sit for an hour or two, so the brie softens.)
- Toss cooked pasta with tomatoes and brie, add spinach and basil: Once the pasta is done, drain it and place it in the bowl with the cheese and tomatoes.
- Add the basil and baby spinach.
- Toss together so that the spinach, basil, cheese, and tomatoes are well dispersed through the pasta. Break up or smash any large pieces of cheese.
- Sprinkle with grated Parmesan cheese and freshly ground black pepper, and toss more to incorporate.
- Add more salt to taste.

Nutrition Facts



PROTEIN 16.39% FAT 48.01% CARBS 35.6%

Properties

Glycemic Index:66.5, Glycemic Load:18.64, Inflammation Score:-10, Nutrition Score:28.183912655582%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 553.29kcal (27.66%), Fat: 29.76g (45.78%), Saturated Fat: 11.53g (72.06%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 45.64g (16.6%), Sugar: 5.14g (5.71%), Cholesterol: 51.02mg (17.01%), Sodium: 699.2mg (30.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.71%), Vitamin K: 191.59µg (182.47%), Vitamin A: 4643.85IU (92.88%), Selenium: 45.39µg (64.84%), Manganese: 1.02mg (50.81%), Vitamin C: 28.95mg (35.1%), Phosphorus: 321.61mg (32.16%), Folate: 126.36µg (31.59%), Calcium: 288.88mg (28.89%), Vitamin E: 3.48mg (23.23%), Vitamin B2: 0.39mg (22.84%), Magnesium: 85.67mg (21.42%), Potassium: 684.46mg (19.56%), Vitamin B6: 0.37mg (18.72%), Zinc: 2.56mg (17.08%), Fiber: 4.02g (16.07%), Copper: 0.3mg (14.83%), Vitamin B12: 0.85µg (14.19%), Iron: 2.44mg (13.57%), Vitamin B1: 0.16mg (10.68%), Vitamin B3: 2.11mg (10.56%), Vitamin B5: 0.74mg (7.38%), Vitamin D: 0.28µg (1.83%)