



Pasta with Tomatoes and Goat Cheese

READY IN



25 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup basil fresh
- ☐ 2.8 lb cherry tomatoes halved
- ☐ 1 lb gemelli
- ☐ 5 oz goat cheese crumbled soft
- ☐ 0.7 cup olives black coarsely chopped

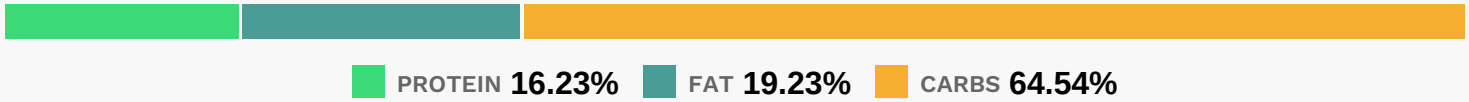
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta in a 6-quart pot of boiling salted water until just tender, then drain.
- ☐ While pasta is cooking, toss tomatoes with salt to taste in a bowl and let juices exude.
- ☐ Toss hot pasta with goat cheese in a large bowl until cheese is melted and coats pasta.
- ☐ Add tomatoes with juices, olives, basil, and salt and pepper to taste and toss to combine.
- ☐ •To prevent basil leaves from discoloring, don't tear them until just before pasta is done. •For an especially vibrant presentation, use cherry tomatoes in a variety of shapes and colors.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:22.71, Inflammation Score:-8, Nutrition Score:19.715652108192%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 402.7kcal (20.14%), Fat: 8.66g (13.33%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 65.44g (21.81%), Net Carbohydrates: 61.02g (22.19%), Sugar: 7.5g (8.33%), Cholesterol: 10.87mg (3.62%), Sodium: 348.46mg (15.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.91%), Selenium: 49.62µg (70.89%), Vitamin C: 47.94mg (58.11%), Manganese: 0.97mg (48.48%), Vitamin A: 1477.86IU (29.56%), Copper: 0.58mg (28.84%), Phosphorus: 263.85mg (26.39%), Potassium: 643.09mg (18.37%), Vitamin K: 18.98µg (18.08%), Fiber: 4.42g (17.67%), Vitamin B6: 0.34mg (17%), Iron: 3.01mg (16.74%), Magnesium: 66.13mg (16.53%), Vitamin B3: 2.56mg (12.78%), Vitamin E: 1.89mg (12.57%), Folate: 45.96µg (11.49%), Vitamin B1: 0.16mg (10.91%), Vitamin B2: 0.18mg (10.84%), Zinc: 1.6mg (10.7%), Calcium: 84.93mg (8.49%), Vitamin B5: 0.76mg (7.64%)