



 **41%**
HEALTH SCORE

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
- 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

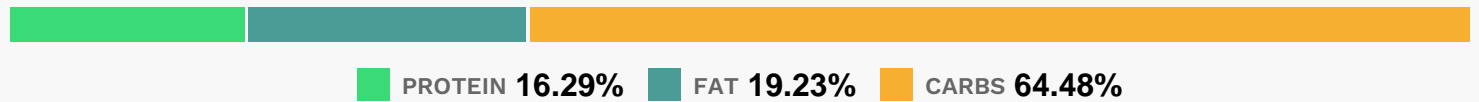
- bowl

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:30.33, Glycemic Load:22.74, Inflammation Score:-8, Nutrition Score:20.653913119565%

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: 403.39kcal (20.17%), Fat: 8.68g (13.36%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 65.52g (21.84%), Net Carbohydrates: 61.06g (22.2%), Sugar: 7.5g (8.34%), Cholesterol: 10.87mg (3.62%), Sodium: 348.58mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Selenium: 49.63µg (70.9%), Vitamin C: 48.48mg (58.76%), Manganese: 1mg (50.2%), Vitamin A: 1636.11IU (32.72%), Vitamin K: 31.43µg (29.94%), Copper: 0.59mg (29.42%), Phosphorus: 265.53mg (26.55%), Potassium: 651.94mg (18.63%), Fiber: 4.47g (17.86%), Iron: 3.11mg (17.27%), Vitamin B6: 0.34mg (17.23%), Magnesium: 68.05mg (17.01%), Vitamin B3: 2.58mg (12.91%), Vitamin E: 1.91mg (12.73%), Folate: 48µg (12%), Vitamin B1: 0.16mg (10.97%), Vitamin B2: 0.19mg (10.97%), Zinc: 1.63mg (10.86%), Calcium: 90.24mg (9.02%), Vitamin B5: 0.77mg (7.71%)