



Pasta with Tomatoes and Mozzarella



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil fresh coarsely chopped
- ☐ 1 garlic clove halved
- ☐ 6 servings pepper freshly ground
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 pounds tomatoes chopped
- ☐ 8 ounces mozzarella fresh

Equipment

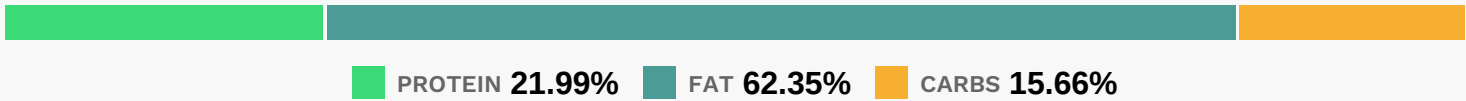
- ☐ bowl

☐ pot

Directions

- ☐ Rub the inside of a medium bowl with garlic; discard garlic.
- ☐ Combine tomatoes, mozzarella, basil, and oil in bowl; season with salt and pepper and toss to combine.
- ☐ Let tomato mixture sit 15 minutes to let flavors meld.
- ☐ Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente; drain.
- ☐ Add pasta to tomato mixture and toss to combine.
- ☐ DO AHEAD: Tomato mixture can be made 8 hours ahead. Cover and chill. Bring mixture to room temperature before tossing with hot pasta.
- ☐ Per serving: 580 calories, 29 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:10.486521575762%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 173.89kcal (8.69%), Fat: 12.37g (19.03%), Saturated Fat: 5.51g (34.46%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.38g (4.86%), Cholesterol: 29.86mg (9.95%), Sodium: 244.82mg (10.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.63%), Vitamin A: 1621.09IU (32.42%), Vitamin C: 21.23mg (25.73%), Vitamin K: 23.45µg (22.34%), Calcium: 210.93mg (21.09%), Phosphorus: 172.14mg (17.21%), Vitamin B12: 0.86µg (14.36%), Manganese: 0.23mg (11.39%), Potassium: 396.34mg (11.32%), Vitamin E: 1.42mg (9.49%), Selenium: 6.51µg (9.3%), Zinc: 1.38mg (9.23%), Vitamin B2: 0.14mg (8.11%), Fiber: 1.88g (7.53%), Vitamin B6:

0.14mg (7.23%), Folate: 26.72µg (6.68%), Magnesium: 25.77mg (6.44%), Copper: 0.1mg (5.19%), Vitamin B3: 0.96mg (4.8%), Vitamin B1: 0.07mg (4.6%), Iron: 0.68mg (3.76%), Vitamin B5: 0.2mg (1.96%), Vitamin D: 0.15µg (1.01%)