



Pasta with Tomatoes and Mozzarella

READY IN



20 min.

SERVINGS



4

CALORIES



877 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 1 pound bow-tie pasta
- ☐ 1 pint cherry tomatoes cut in half
- ☐ 8 ounces mozzarella cheese fresh cut into pieces
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup pesto prepared
- ☐ 4 servings salt and pepper

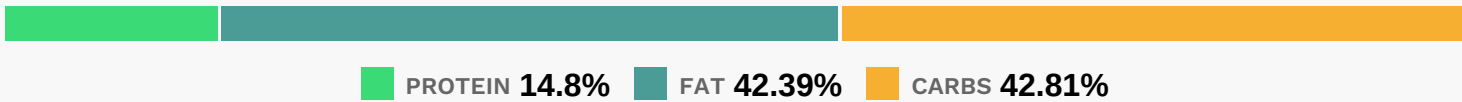
Equipment

☐ pot

Directions

- ☐ Prepare pasta according to package directions, undercooking by 1 minute.
- ☐ Drain pasta and return to pot.
- ☐ Add tomatoes, pesto, mozzarella and olive oil. Season with salt and pepper.
- ☐ Mix well, cover and set aside off heat until cheese has started to melt, about 2 minutes. Stir in basil and Parmesan.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:34.45, Inflammation Score:-9, Nutrition Score:25.468695692394%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 876.6kcal (43.83%), Fat: 41.12g (63.26%), Saturated Fat: 12.66g (79.14%), Carbohydrates: 93.42g (31.14%), Net Carbohydrates: 88.42g (32.15%), Sugar: 7.61g (8.45%), Cholesterol: 51.52mg (17.17%), Sodium: 959.47mg (41.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.6%), Selenium: 83.31µg (119.02%), Manganese: 1.22mg (60.86%), Phosphorus: 493.21mg (49.32%), Calcium: 452.63mg (45.26%), Vitamin A: 1793.77IU (35.88%), Vitamin C: 27.51mg (33.35%), Vitamin K: 25.41µg (24.2%), Zinc: 3.62mg (24.11%), Vitamin B12: 1.37µg (22.8%), Copper: 0.44mg (21.82%), Magnesium: 86.76mg (21.69%), Fiber: 5g (20%), Vitamin E: 2.88mg (19.18%), Vitamin B2: 0.28mg (16.33%), Iron: 2.93mg (16.29%), Potassium: 568.62mg (16.25%), Vitamin B6: 0.29mg (14.29%), Vitamin B3: 2.66mg (13.3%), Vitamin B1: 0.17mg (11.01%), Folate: 42.24µg (10.56%), Vitamin B5: 0.76mg (7.56%), Vitamin D: 0.26µg (1.72%)