



Penne Pasta and Fresh Tomatoes

READY IN



150 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup basil fresh chopped
- 1 teaspoon garlic fresh chopped
- 3 tablespoons juice of lemon
- 0.3 cup parmesan shredded
- 12 ounces penne pasta uncooked
- 0.5 teaspoon salt
- 1 medium tomatoes red cut into wedges
- 0.3 cup vegetable oil
- 1 medium tomatoes yellow cut into wedges

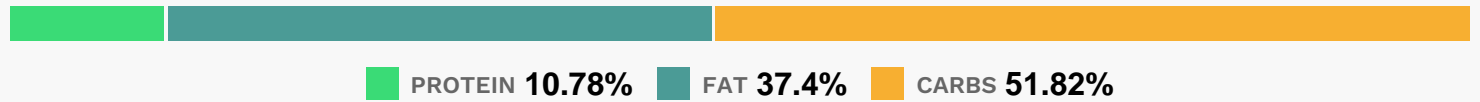
Equipment

- bowl
- whisk

Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain. In small bowl beat all Lemon-Basil Vinaigrette ingredients with wire whisk.
- In large bowl, toss pasta and half of the vinaigrette. Cover and refrigerate 2 hours or until serving.
- Just before serving, toss pasta, tomatoes and remaining vinaigrette.
- Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:12.99, Inflammation Score:-3, Nutrition Score:7.1395652388101%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 255.07kcal (12.75%), Fat: 10.58g (16.28%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 31.4g (11.42%), Sugar: 1.71g (1.9%), Cholesterol: 2.13mg (0.71%), Sodium: 198.9mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.73%), Selenium: 27.64µg (39.49%), Manganese: 0.42mg (21.21%), Vitamin K: 21.13µg (20.13%), Phosphorus: 107.24mg (10.72%), Copper: 0.14mg (6.91%), Magnesium: 26.53mg (6.63%), Fiber: 1.58g (6.33%), Vitamin E: 0.89mg (5.96%), Vitamin C: 4.55mg (5.51%), Calcium: 49.92mg (4.99%), Zinc: 0.73mg (4.84%), Vitamin B6: 0.08mg (4.2%), Vitamin B3: 0.84mg (4.19%), Potassium: 144.01mg (4.11%), Vitamin A: 192.41IU (3.85%), Iron: 0.66mg (3.66%), Vitamin B1: 0.05mg (3.17%), Folate: 11.86µg (2.97%), Vitamin B2: 0.04mg (2.39%), Vitamin B5: 0.22mg (2.22%)