



## Penne with Goat Cheese and Basil

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

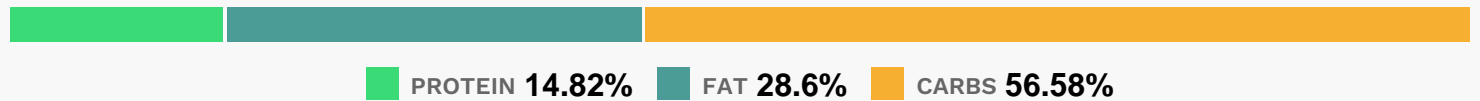
- 12 ounces penne pasta
- 1 cup basil
- 1 cup basil
- 4 ounces goat cheese
- 2 tablespoons olive oil
- 12 servings salt and pepper to taste

### Equipment

## Directions

- Cook pasta according to package directions
- Arrange basil leaves in a stack, roll like a cigar and proceed to cut crosswise. This technique is called chiffonade.
- Toss pasta with olive oil and goat cheese and let cool for a few minutes.
- Add basil, salt, and pepper, and then serve

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:8.54, Inflammation Score:-2, Nutrition Score:5.3313043478261%

## Taste

Sweetness: 49.46%, Saltiness: 81.22%, Sourness: 63.33%, Bitterness: 58.81%, Savoriness: 100%, Fattiness: 99.23%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 151.67kcal (7.58%), Fat: 4.78g (7.35%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 20.3g (7.38%), Sugar: 0.85g (0.95%), Cholesterol: 4.35mg (1.45%), Sodium: 230.47mg (10.02%), Protein: 5.57g (11.15%), Selenium: 18.19µg (25.99%), Vitamin K: 18.2µg (17.34%), Manganese: 0.32mg (15.79%), Copper: 0.17mg (8.33%), Phosphorus: 80.01mg (8%), Vitamin A: 308.62IU (6.17%), Magnesium: 19.1mg (4.78%), Fiber: 0.97g (3.88%), Iron: 0.69mg (3.83%), Vitamin B6: 0.07mg (3.5%), Zinc: 0.52mg (3.46%), Vitamin B2: 0.06mg (3.29%), Vitamin B3: 0.56mg (2.79%), Vitamin E: 0.42mg (2.77%), Calcium: 26.41mg (2.64%), Folate: 8.96µg (2.24%), Vitamin B1: 0.03mg (2.23%), Potassium: 77.54mg (2.22%), Vitamin B5: 0.19mg (1.95%)