



Rotini with Fresh Tomatoes and Basil

READY IN



35 min.

SERVINGS



35

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup philadelphia sundried tomato and basil cream cheese spread ()
- 0.3 cup basil fresh chopped
- 3 cloves garlic minced
- 2 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 3 cups rotini pasta uncooked
- 3 tomatoes chopped

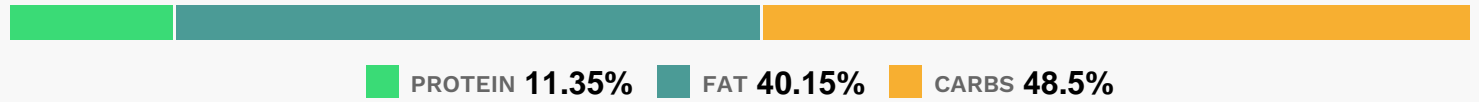
Equipment

frying pan

Directions

- Cook pasta as directed on package, omitting salt; drain.
- Heat oil in large skillet on medium heat.
- Add garlic; cook and stir 2 min.
- Add pasta and cream cheese spread; cook and stir 2 to 3 min. or until cream cheese is melted and pasta is heated through. Stir in tomatoes; cook and stir 2 min. or until heated through.
- Remove from heat.
- Add basil; mix lightly.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:1.2065217484437%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 37.72kcal (1.89%), Fat: 1.68g (2.59%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.52g (0.58%), Cholesterol: 2.26mg (0.75%), Sodium: 20.95mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Selenium: 3.39µg (4.84%), Manganese: 0.07mg (3.28%), Vitamin A: 130.17IU (2.6%), Vitamin K: 2.04µg (1.94%), Vitamin C: 1.56mg (1.89%), Phosphorus: 14.55mg (1.46%), Vitamin E: 0.18mg (1.21%), Fiber: 0.3g (1.2%), Copper: 0.02mg (1.13%), Potassium: 38.53mg (1.1%), Magnesium: 4.16mg (1.04%)