



Seashells with Basil, Tomatoes, and Garlic

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

379 kcal

SIDE DISH

Ingredients

- ☐ 1 qt cherry and teardrop tomatoes
- ☐ 0.5 cup basil leaves fresh thinly sliced
- ☐ 2 large garlic cloves finely chopped
- ☐ 0.8 tsp kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese shaved
- ☐ 0.8 pound seashell pasta

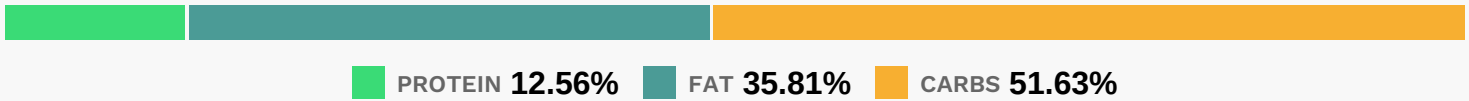
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine oil, garlic, and 3/4 tsp. salt in a large bowl. Chop 1 cup of the tomatoes and add to bowl.
- ☐ Cut remaining tomatoes in half and stir into mixture; let stand about 30 minutes, stirring occasionally.
- ☐ Meanwhile, cook pasta as package directs in a large pot of salted boiling water.
- ☐ Drain pasta, saving 1 cup water. Toss pasta with tomato mixture, then with cheese and all but 1 tbsp. basil.
- ☐ Mix in a little pasta water if needed for a looser texture.
- ☐ Sprinkle remaining basil on top and season with salt.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:17.2, Inflammation Score:-7, Nutrition Score:15.153913151959%

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 379.44kcal (18.97%), Fat: 15.2g (23.38%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 46.34g (16.85%), Sugar: 5.52g (6.14%), Cholesterol: 5.67mg (1.89%), Sodium: 445.43mg (19.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12g (24%), Selenium: 38.65µg (55.21%), Vitamin C: 36.63mg (44.4%), Manganese: 0.73mg (36.38%), Phosphorus: 211.81mg (21.18%), Vitamin K: 20.16µg (19.2%), Vitamin A: 941.95IU (18.84%), Vitamin E: 2.71mg (18.06%), Copper: 0.3mg (14.79%), Potassium: 488.04mg (13.94%), Calcium: 133.57mg (13.36%), Magnesium: 49.45mg (12.36%), Fiber: 2.97g (11.89%), Vitamin B6: 0.23mg (11.41%), Iron: 2.03mg (11.27%), Vitamin B3: 1.85mg (9.25%), Zinc: 1.28mg (8.52%), Folate: 32.68µg (8.17%), Vitamin B1: 0.11mg (7.58%), Vitamin B2: 0.1mg (5.82%), Vitamin B5: 0.5mg (4.96%), Vitamin B12: 0.1µg (1.67%)