



WHATSheATE



Shells with balsamic tomatoes & mozzarella

READY IN



25 min.

SERVINGS



4

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g shells
- ☐ 250 g cherry tomatoes quartered
- ☐ 2 tbsp olive oil
- ☐ 2 tsp balsamic vinegar
- ☐ 250 g mozzarella cheese cubed
- ☐ 1 bunch basil
- ☐ 4 servings parmesan grated

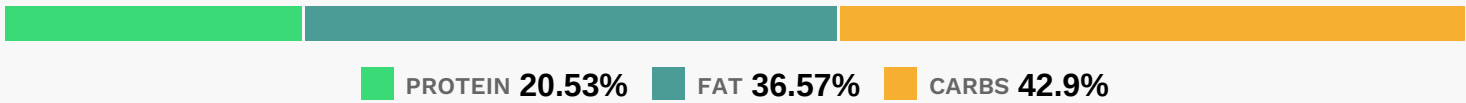
Equipment

☐ frying pan

Directions

- ☐ Cook the pasta following pack instructions.
- ☐ Drain, reserving a few tablespoons of water in the pan. Return pasta to the pan over a medium heat and add the tomatoes, oil and balsamic vinegar.
- ☐ Cook for 1–2 mins, then season and stir through mozzarella and basil.
- ☐ Serve with grated parmesan.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:30.89, Inflammation Score:-8, Nutrition Score:24.39434783355%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 752.02kcal (37.6%), Fat: 30.31g (46.63%), Saturated Fat: 14.4g (89.98%), Carbohydrates: 80.02g (26.67%), Net Carbohydrates: 76.35g (27.76%), Sugar: 5.51g (6.12%), Cholesterol: 69.78mg (23.26%), Sodium: 886.18mg (38.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.58%), Selenium: 80.89µg (115.56%), Calcium: 703.03mg (70.3%), Phosphorus: 637.57mg (63.76%), Manganese: 1.03mg (51.69%), Vitamin B12: 1.78µg (29.75%), Zinc: 4.17mg (27.77%), Magnesium: 85.92mg (21.48%), Vitamin A: 1067.93IU (21.36%), Vitamin B2: 0.35mg (20.69%), Copper: 0.36mg (18.04%), Vitamin C: 14.61mg (17.71%), Vitamin K: 16.31µg (15.53%), Fiber: 3.67g (14.68%), Iron: 2.37mg (13.15%), Potassium: 443.29mg (12.67%), Vitamin B6: 0.24mg (12.24%), Vitamin E: 1.67mg (11.13%), Vitamin B3: 2.2mg (10.98%), Vitamin B1: 0.14mg (9.58%), Folate: 33.96µg (8.49%), Vitamin B5: 0.74mg (7.4%), Vitamin D: 0.4µg (2.67%)