



Shells with Salsa Cruda

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black
- 0.5 cup basil fresh thinly sliced
- 0.3 cup mint leaves fresh chopped
- 0.5 cup parsley fresh chopped
- 1 garlic clove minced
- 2 tablespoons olive oil extra-virgin
- 2 ounces sharp provolone cheese shredded
- 0.5 cup onion red chopped

- 1 teaspoon salt
- 8 ounces shell pasta
- 2 pounds tomatoes seeded chopped

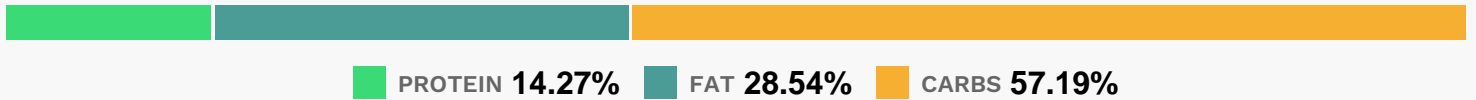
Equipment

- bowl

Directions

- Combine first 10 ingredients (through garlic) in a large bowl; let mixture marinate at room temperature. Meanwhile, cook pasta according to package directions, omitting salt and fat.
- Add cooked pasta to bowl; toss gently to coat. Divide evenly among 4 plates. Top each serving with provolone.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:20.23, Inflammation Score:-9, Nutrition Score:23.84304347116%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 379.8kcal (18.99%), Fat: 12.21g (18.79%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 49.61g (18.04%), Sugar: 8.86g (9.85%), Cholesterol: 9.78mg (3.26%), Sodium: 706.02mg (30.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.47%), Vitamin K: 158.25µg (150.71%), Vitamin A: 2924.63IU (58.49%), Selenium: 38.12µg (54.46%), Vitamin C: 44.19mg (53.57%), Manganese: 0.92mg (45.92%), Phosphorus: 247.6mg (24.76%), Potassium: 786.77mg (22.48%), Fiber: 5.44g (21.78%), Magnesium: 69.6mg (17.4%), Copper: 0.35mg (17.31%), Calcium: 171.86mg (17.19%), Folate: 66.13µg (16.53%), Vitamin E: 2.41mg (16.09%), Vitamin

B6: 0.32mg (16.05%), Vitamin B3: 2.54mg (12.68%), Iron: 2.26mg (12.53%), Zinc: 1.83mg (12.18%), Vitamin B1: 0.16mg (10.55%), Vitamin B2: 0.15mg (8.6%), Vitamin B5: 0.59mg (5.9%), Vitamin B12: 0.21µg (3.45%)