



Shells with Tomato & Basil

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp basil leaves fresh thinly sliced
- 0.5 tsp garlic powder
- 1 medium tomatoes chopped
- 12 oz velveeta shells & cheese dinner

Equipment

Directions

- Prepare Dinner as directed on package.
- Add remaining ingredients; cook until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:7.538260852837%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 130.9kcal (6.54%), Fat: 6.07g (9.33%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.43g (2.7%), Sugar: 5.37g (5.97%), Cholesterol: 23.81mg (7.94%), Sodium: 900.51mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.8%), Phosphorus: 587.76mg (58.78%), Calcium: 331.42mg (33.14%), Vitamin B2: 0.37mg (22.02%), Vitamin A: 838.32IU (16.77%), Vitamin K: 10.34µg (9.84%), Zinc: 1.47mg (9.81%), Potassium: 253.47mg (7.24%), Vitamin C: 3.25mg (3.93%), Manganese: 0.05mg (2.5%), Fiber: 0.3g (1.21%), Iron: 0.22mg (1.2%), Vitamin B6: 0.02mg (1.2%), Folate: 4.62µg (1.16%), Copper: 0.02mg (1.08%)