



Spicy Pasta Salad With Smoked Gouda, Tomatoes and Basil

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 teaspoons adobo sauce from a chipotles minced canned (or 1 chipotle)
- 24 basil leaves fresh thinly sliced
- 0.5 pound gouda cheese smoked cut into small cubes
- 10 ounce grape tomatoes halved lengthwise
- 6 servings kosher salt
- 0.5 cup mayonnaise
- 12 ounces penne pasta

- 6 servings pepper freshly ground
- 0.3 cup vinegar white plus more if needed
- 0.3 cup milk whole

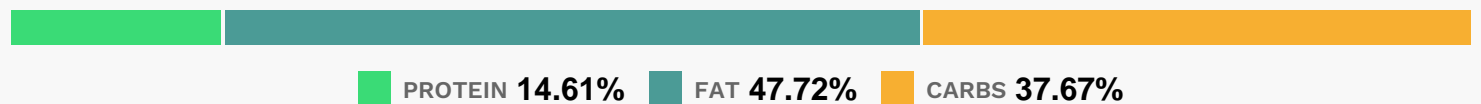
Equipment

- bowl
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the pasta and cook as the label directs.
- Drain and rinse under cold water until no longer hot; set aside.
- Mix the mayonnaise, milk, vinegar, 1/2 teaspoon salt, pepper to taste and the adobo sauce in a small bowl.
- In a large bowl, combine the pasta, dressing, tomatoes and gouda. Taste for seasoning, adding more salt and pepper if needed, and even an extra teaspoon or 2 of vinegar, if necessary. Stir in the basil at the end. Refrigerate for a couple of hours before serving.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:17.99, Inflammation Score:-6, Nutrition Score:15.0299999961024%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 492.38kcal (24.62%), Fat: 25.87g (39.8%), Saturated Fat: 9.23g (57.72%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 43.49g (15.81%), Sugar: 4.23g (4.7%), Cholesterol: 52.15mg (17.38%), Sodium: 846.22mg

(36.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Selenium: 42.04µg (60.05%), Vitamin K: 42.02µg (40.02%), Phosphorus: 341.03mg (34.1%), Manganese: 0.62mg (30.86%), Calcium: 300.8mg (30.08%), Zinc: 2.44mg (16.28%), Vitamin A: 722.68IU (14.45%), Magnesium: 49.21mg (12.3%), Vitamin B2: 0.19mg (11.09%), Vitamin B12: 0.66µg (10.99%), Copper: 0.22mg (10.88%), Fiber: 2.45g (9.79%), Potassium: 311.78mg (8.91%), Vitamin C: 6.83mg (8.28%), Vitamin B6: 0.16mg (7.95%), Vitamin E: 1.07mg (7.15%), Folate: 27.38µg (6.85%), Vitamin B3: 1.3mg (6.5%), Iron: 1.1mg (6.1%), Vitamin B1: 0.09mg (5.9%), Vitamin B5: 0.49mg (4.9%), Vitamin D: 0.34µg (2.25%)