



WHATSheATE



Summer Garden Pasta

READY IN



260 min.

SERVINGS



6

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta dried
- ☐ 18 large basil leaves julienned for serving
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 pints cherry tomatoes halved
- ☐ 6 cloves garlic minced
- ☐ 6 servings kosher salt
- ☐ 6 servings olive oil good
- ☐ 1.5 cups parmesan cheese freshly grated for serving
- ☐ 0.5 teaspoon pepper flakes red crushed

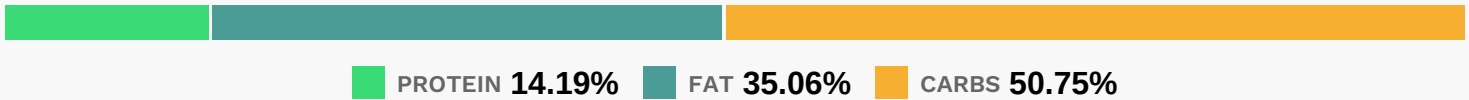
Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the cherry tomatoes, 1/2 cup olive oil, garlic, basil leaves, red pepper flakes, 1 teaspoon salt, and the pepper in a large bowl. Cover with plastic wrap, and set aside at room temperature for about 4 hours.
- ☐ Just before you're ready to serve, bring a large pot of water with a splash of olive oil and 2 tablespoons salt to a boil and add the pasta. Cook al dente according to the directions on the package (be careful – it only takes 2 to 3 minutes!).
- ☐ Drain the pasta well and add to the bowl with the cherry tomatoes.
- ☐ Add the cheese and some extra fresh basil leaves and toss well.
- ☐ Serve in big bowls with extra cheese on each serving.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:23, Inflammation Score:-9, Nutrition Score:26.096086919308%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 571.9kcal (28.59%), Fat: 22.54g (34.68%), Saturated Fat: 6.07g (37.96%), Carbohydrates: 73.41g (24.47%), Net Carbohydrates: 68.6g (24.95%), Sugar: 9.94g (11.04%), Cholesterol: 21.75mg (7.25%), Sodium: 674.13mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.05%), Vitamin C: 73.08mg (88.58%),

Selenium: 58.58µg (83.68%), Manganese: 1.13mg (56.71%), Phosphorus: 395.73mg (39.57%), Vitamin A: 1872.7IU (37.45%), Calcium: 280.68mg (28.07%), Vitamin E: 4.07mg (27.14%), Potassium: 923.48mg (26.39%), Copper: 0.48mg (24.13%), Vitamin K: 23.24µg (22.13%), Vitamin B6: 0.42mg (20.99%), Magnesium: 79.26mg (19.82%), Fiber: 4.81g (19.24%), Iron: 3.45mg (19.19%), Zinc: 2.64mg (17.63%), Vitamin B3: 3.04mg (15.18%), Folate: 57.1µg (14.27%), Vitamin B1: 0.2mg (13.02%), Vitamin B2: 0.21mg (12.18%), Vitamin B5: 0.84mg (8.38%), Vitamin B12: 0.34µg (5.63%)