



Summer Pasta with Basil, Tomatoes and Cheese

 Vegetarian

READY IN



150 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup asiago cheese freshly grated
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cream sherry
- ☐ 2 cups fontina shredded
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 3 cloves garlic minced

- ☐ 0.5 cup olive oil
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.8 teaspoon salt
- ☐ 12 ounces pasta like spaghetti
- ☐ 2 pounds vine ripened tomato diced seeded

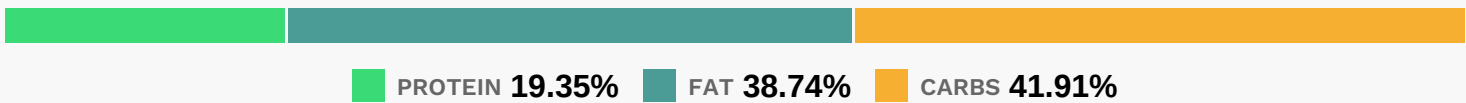
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a medium bowl, toss together tomatoes, garlic, basil, mint, salt and black pepper, hot pepper flakes, olive oil, and cream sherry.
- ☐ Let stand at room temperature for up to 2 hours, stirring occasionally.
- ☐ Cook the pasta In a large pot of boiling salted water until tender, but firm to the bite.
- ☐ Drain the pasta, and transfer to a large serving bowl.
- ☐ Drain 1/4 cup of the liquid from the tomato mixture, and toss with the pasta to coat.
- ☐ Add cheese, and toss until it begins to melt.
- ☐ Add the tomato mixture, and toss until mixed.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:19.04, Inflammation Score:-9, Nutrition Score:19.04130450539%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.07mg, Naringenin:

1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 485.35kcal (24.27%), Fat: 20.64g (31.75%), Saturated Fat: 10.52g (65.75%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 46.42g (16.88%), Sugar: 6.36g (7.07%), Cholesterol: 56.71mg (18.9%), Sodium: 789.71mg (34.34%), Alcohol: 1.03g (100%), Alcohol %: 0.44% (100%), Protein: 23.19g (46.38%), Selenium: 44.34µg (63.35%), Manganese: 0.79mg (39.65%), Vitamin A: 1892.93IU (37.86%), Calcium: 378.1mg (37.81%), Phosphorus: 359.86mg (35.99%), Vitamin C: 21.81mg (26.43%), Vitamin K: 24.18µg (23.03%), Zinc: 2.89mg (19.25%), Potassium: 548.3mg (15.67%), Fiber: 3.83g (15.32%), Magnesium: 60.25mg (15.06%), Copper: 0.29mg (14.27%), Vitamin B12: 0.84µg (13.99%), Vitamin B6: 0.28mg (13.78%), Vitamin B2: 0.19mg (11.07%), Vitamin E: 1.59mg (10.57%), Vitamin B3: 2.02mg (10.08%), Folate: 38.62µg (9.65%), Iron: 1.53mg (8.48%), Vitamin B1: 0.12mg (8.31%), Vitamin B5: 0.63mg (6.29%), Vitamin D: 0.31µg (2.04%)