



Ten-minute pasta

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g soup noodles
- ☐ 1 carrots roughly chopped
- ☐ 0.5 small onion roughly chopped
- ☐ 0.5 stick celery roughly chopped
- ☐ 6 plum tomatoes ripe roughly chopped
- ☐ 1 tsp oregano dried
- ☐ 1 tsp pesto red
- ☐ 2 tbsp raspberry vinegar

☐ 1 leaves parmesan and basil to serve grated

Equipment

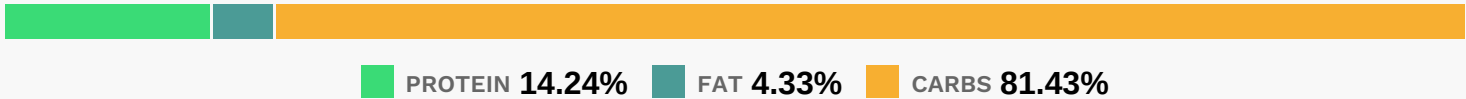
☐ food processor

☐ sauce pan

Directions

- ☐ Cook the pasta according to the pack instructions. Meanwhile, add everything else apart from the parmesan and basil to a food processor and whizz together until you get a smooth paste.
- ☐ Tip into a saucepan and bring to the boil, then reduce the heat to a simmer and leave to cook for 5 mins.
- ☐ Drain the pasta, toss together with the tomato sauce, then serve with the parmesan and basil leaves.

Nutrition Facts



Properties

Glycemic Index:75.21, Glycemic Load:27.94, Inflammation Score:-10, Nutrition Score:17.060434756072%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 356.62kcal (17.83%), Fat: 1.7g (2.62%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 71.94g (23.98%), Net Carbohydrates: 67.14g (24.41%), Sugar: 6.09g (6.77%), Cholesterol: 0.1mg (0.03%), Sodium: 36.75mg (1.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Selenium: 55.41µg (79.15%), Vitamin A: 3367.29IU (67.35%), Manganese: 0.99mg (49.45%), Phosphorus: 198.1mg (19.81%), Fiber: 4.8g (19.22%), Vitamin C: 14.52mg (17.6%), Copper: 0.32mg (16.18%), Magnesium: 61.53mg (15.38%), Potassium: 501.59mg (14.33%), Vitamin K: 14.26µg (13.58%), Vitamin B6: 0.24mg (11.94%), Vitamin B3: 2.24mg (11.19%), Zinc: 1.47mg (9.77%), Folate: 37.21µg (9.3%), Iron: 1.66mg (9.23%), Vitamin B1: 0.13mg (8.61%), Vitamin E: 0.8mg (5.32%), Vitamin B5: 0.53mg (5.29%),

Vitamin B2: 0.09mg (5.1%), Calcium: 45.86mg (4.59%)