



Tomato Basil Pasta

READY IN



40 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups feta cheese crumbled
- ☐ 6 leaves basil fresh
- ☐ 2 cloves garlic crushed
- ☐ 6 tablespoons olive oil
- ☐ 1 small onion finely chopped
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 6 servings salt and pepper to taste
- ☐ 10 ounces fusilli/spiral pasta dry
- ☐ 2 cups tomatoes diced

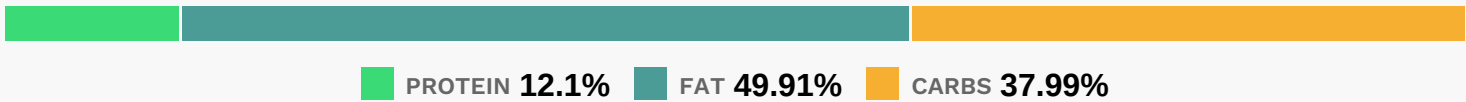
Equipment

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add fusilli pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Combine olive oil, garlic, onion, tomatoes and basil; let sit at room temperature.
- ☐ Toss warm pasta with Parmesan and feta. Stir in tomato mixture and sprinkle on salt and pepper. You can add more Parmesan if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:15.42, Inflammation Score:-6, Nutrition Score:13.673478359761%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 424.17kcal (21.21%), Fat: 23.6g (36.3%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 38.08g (13.85%), Sugar: 3.08g (3.42%), Cholesterol: 35.55mg (11.85%), Sodium: 671.29mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Selenium: 36.56µg (52.23%), Manganese: 0.54mg (27.03%), Phosphorus: 248.64mg (24.86%), Calcium: 227.5mg (22.75%), Vitamin B2: 0.37mg (21.62%), Vitamin E: 2.42mg (16.16%), Vitamin B6: 0.29mg (14.75%), Vitamin K: 15.26µg (14.53%), Zinc: 1.97mg (13.17%), Vitamin A: 620.3IU (12.41%), Vitamin B12: 0.67µg (11.13%), Magnesium: 40.25mg (10.06%), Vitamin C: 8.07mg (9.78%), Copper: 0.19mg (9.42%), Fiber: 2.34g (9.34%), Vitamin B1: 0.13mg (8.46%), Potassium: 273.62mg (7.82%), Folate: 30.69µg (7.67%), Vitamin B3: 1.5mg (7.48%), Vitamin B5: 0.64mg (6.4%), Iron: 1.14mg (6.34%), Vitamin D: 0.16µg

(1.08%)