



Tomato Basil Pasta Salad

READY IN



145 min.

SERVINGS



24

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil fresh chopped
- 4 garlic clove finely chopped
- 8 oz mozzarella cheese cut into 1/2-inch cubes (2 cups)
- 0.5 cup parmesan cheese grated
- 0.5 teaspoon pepper
- 2 lb plum tomatoes chopped (Roma) (8 to 10 medium)
- 1 lb rotini pasta
- 1.5 teaspoons salt
- 0.5 cup vegetable oil

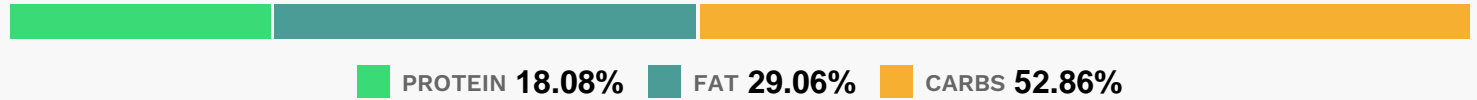
Equipment

bowl

Directions

- In large bowl, mix tomatoes, garlic, salt, pepper, oil, basil and mozzarella cheese. Cover; refrigerate 2 hours to blend flavors.
- Meanwhile, cook and drain pasta as directed on package. Rinse with cold water to cool; drain.
- In large serving bowl, mix cooked pasta and tomato mixture until well combined.
- Sprinkle Parmesan cheese over top of salad.

Nutrition Facts



Properties

Glycemic Index:9.96, Glycemic Load:6.17, Inflammation Score:-4, Nutrition Score:5.1165217290754%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg 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: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 123.04kcal (6.15%), Fat: 3.97g (6.11%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 15.17g (5.51%), Sugar: 1.6g (1.78%), Cholesterol: 9.28mg (3.09%), Sodium: 244.19mg (10.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Selenium: 14.36µg (20.51%), Manganese: 0.24mg (12.04%), Phosphorus: 92.56mg (9.26%), Vitamin A: 423.42IU (8.47%), Calcium: 75.95mg (7.6%), Vitamin K: 7.08µg (6.74%), Vitamin C: 5.42mg (6.58%), Zinc: 0.71mg (4.72%), Fiber: 1.09g (4.35%), Magnesium: 17.31mg (4.33%), Potassium: 146.81mg (4.19%), Copper: 0.08mg (4.14%), Vitamin B12: 0.24µg (4.06%), Vitamin B6: 0.07mg (3.47%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.57mg (2.83%), Folate: 10.22µg (2.56%), Iron: 0.43mg (2.38%), Vitamin B1: 0.04mg (2.37%), Vitamin E: 0.33mg (2.22%), Vitamin B5: 0.14mg (1.4%)