



Tomato-Basil Pasta with Fresh Mozzarella

READY IN



40 min.

SERVINGS



4

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 28 oz canned tomatoes whole organic peeled undrained canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 8 oz ziti uncooked
- ☐ 8 oz mozzarella fresh cut into 1/2-inch cubes
- ☐ 0.3 cup pinenuts toasted

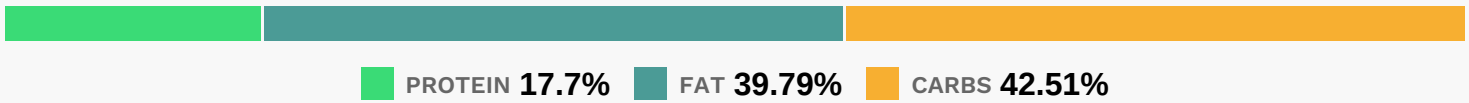
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium heat.
- ☐ Add onion and garlic; cook 3 to 4 minutes, stirring frequently, until onion is crisp-tender. Stir in tomatoes.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 20 to 25 minutes, stirring occasionally, until thickened. Stir in basil.
- ☐ Meanwhile, cook and drain pasta as directed on box.
- ☐ Stir pasta into sauce. Cook until thoroughly heated. Into large serving bowl, pour pasta and sauce. Gently stir in cheese and pine nuts.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:18.06, Inflammation Score:-7, Nutrition Score:22.889564856239%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 514.73kcal (25.74%), Fat: 23.1g (35.54%), Saturated Fat: 8.56g (53.49%), Carbohydrates: 55.52g (18.51%), Net Carbohydrates: 50.98g (18.54%), Sugar: 8.01g (8.9%), Cholesterol: 44.79mg (14.93%), Sodium: 644.29mg (28.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.25%), Manganese: 1.53mg (76.28%), Selenium: 46.26µg (66.09%), Phosphorus: 405.33mg (40.53%), Calcium: 373.83mg (37.38%), Vitamin C: 21.21mg (25.71%), Zinc: 3.36mg (22.39%), Copper: 0.44mg (22.05%), Magnesium: 88.11mg (22.03%), Vitamin B12: 1.29µg (21.55%), Vitamin B6: 0.39mg (19.66%), Iron: 3.54mg (19.66%), Vitamin B2: 0.33mg (19.57%), Vitamin K: 20.13µg (19.17%), Vitamin E: 2.83mg (18.86%), Potassium: 638.67mg (18.25%), Fiber: 4.54g (18.15%), Vitamin B3: 2.86mg

(14.32%), Vitamin A: 697.71IU (13.95%), Vitamin B1: 0.2mg (13.58%), Folate: 37.83µg (9.46%), Vitamin B5: 0.63mg (6.31%), Vitamin D: 0.23µg (1.51%)