



## Tomato Basil Penne Pasta

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 tablespoon basil oil
- ☐ 1 tablespoon basil fresh minced
- ☐ 3 cloves garlic minced
- ☐ 1 pint grape tomatoes halved
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounce penne pasta
- ☐ 1 cup pepper jack cheese shredded

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1 cup mozzarella cheese shredded

## Equipment

☐

frying pan

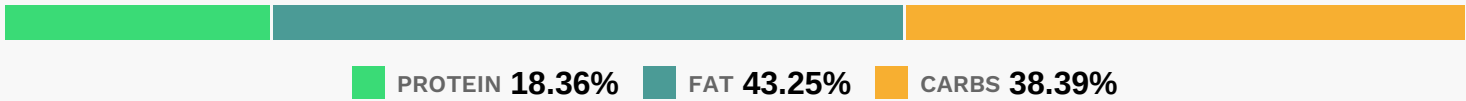
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pot

## Directions

- ☐
- Bring a large pot of water to a rolling boil over high heat. Cook pasta in boiling water until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐
- Drain.
- ☐
- Heat basil and olive oils in a large skillet over medium-high heat. Cook garlic in oil until soft.
- ☐
- Add tomatoes, reduce heat to medium, and simmer for 10 minutes. Stir in pepperjack, mozzarella, and Parmesan cheese. When cheese begins to melt, mix in cooked penne pasta. Season with fresh basil.

## Nutrition Facts



## Properties

Glycemic Index:58.5, Glycemic Load:18.66, Inflammation Score:-8, Nutrition Score:18.463913088259%

## Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 512.68kcal (25.63%), Fat: 24.67g (37.96%), Saturated Fat: 11.21g (70.03%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 45.99g (16.72%), Sugar: 5.08g (5.65%), Cholesterol: 52.7mg (17.57%), Sodium: 464.29mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Selenium: 47.2µg (67.43%), Calcium: 436.16mg (43.62%), Phosphorus: 403.45mg (40.34%), Manganese: 0.71mg (35.75%), Vitamin A: 1472.55IU (29.45%), Vitamin C: 17mg (20.6%), Zinc: 2.97mg (19.78%), Vitamin K: 17.19µg (16.37%), Vitamin B12: 0.96µg (15.95%), Vitamin B2: 0.27mg (15.9%), Magnesium: 59.36mg (14.84%), Potassium: 473.03mg (13.52%), Fiber:

3.29g (13.16%), Copper: 0.26mg (12.85%), Vitamin E: 1.87mg (12.49%), Vitamin B6: 0.24mg (12.08%), Folate: 35.78µg (8.94%), Vitamin B3: 1.75mg (8.74%), Iron: 1.5mg (8.36%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.48mg (4.83%), Vitamin D: 0.31µg (2.08%)