



Tomato-Herb Pasta



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup firmly cilantro leaves fresh packed chopped
- ☐ 1 large cucumber peeled thinly sliced into half moons
- ☐ 4 green onions thinly sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup firmly mint leaves fresh packed chopped
- ☐ 0.3 cup peanuts chopped
- ☐ 0.5 medium size onion red thinly sliced

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 cup rice vinegar
- ☐ 1 teaspoon salt
- ☐ 12 oz grain spaghetti whole
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon sugar
- ☐ 2 medium tomatoes seeded chopped

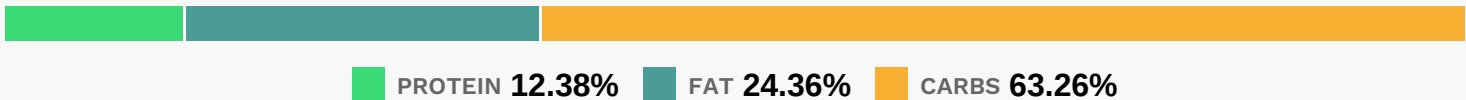
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar and 1 Tbsp. sugar in a bowl.
- ☐ Add onion, and let stand 30 minutes; drain, reserving 2 Tbsp. vinegar mixture.
- ☐ Prepare pasta according to package directions.
- ☐ Place chopped tomatoes and next 9 ingredients in a serving bowl.
- ☐ Add hot cooked pasta, onion, and reserved vinegar mixture, gently tossing to combine.
- ☐ Sprinkle with peanuts.
- ☐ Serve immediately, or cover and chill up to 24 hours.
- ☐ Note: For testing purposes only, we used Mueller's Whole Grain Spaghetti.

Nutrition Facts



Properties

Glycemic Index:65.07, Glycemic Load:19.77, Inflammation Score:-7, Nutrition Score:13.330434923587%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 324.53kcal (16.23%), Fat: 8.79g (13.52%), Saturated Fat: 1g (6.25%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 47.45g (17.25%), Sugar: 6.67g (7.41%), Cholesterol: 0mg (0%), Sodium: 401.52mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.09%), Selenium: 36.59µg (52.27%), Manganese: 0.84mg (41.83%), Vitamin K: 29.57µg (28.16%), Vitamin C: 13.35mg (16.19%), Phosphorus: 161.04mg (16.1%), Fiber: 3.9g (15.59%), Copper: 0.3mg (15.13%), Magnesium: 57.62mg (14.41%), Vitamin A: 675.71IU (13.51%), Folate: 48.81µg (12.2%), Vitamin B3: 2.33mg (11.66%), Potassium: 402.26mg (11.49%), Vitamin B6: 0.19mg (9.3%), Vitamin B1: 0.14mg (9.06%), Vitamin E: 1.27mg (8.45%), Iron: 1.52mg (8.43%), Zinc: 1.18mg (7.83%), Vitamin B5: 0.55mg (5.45%), Vitamin B2: 0.08mg (4.84%), Calcium: 47.03mg (4.7%)