



Tony's Summer Pasta

READY IN



15 min.

SERVINGS



6

CALORIES



555 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup basil fresh chopped
- 6 cloves garlic minced
- 0.5 teaspoon garlic salt
- 6 servings ground pepper black to taste
- 0.5 cup olive oil
- 16 ounce linguini pasta
- 6 roma tomatoes chopped (plum)
- 1 pound mozzarella cheese shredded

Equipment

bowl

Directions

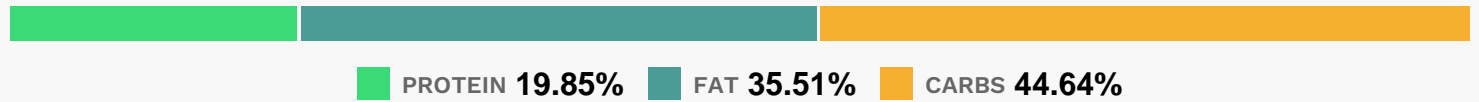
Combine tomatoes, cheese, basil, garlic, olive oil, garlic salt, and black pepper in medium bowl. Set aside.

Meanwhile, cook pasta according to package directions.

Drain pasta, and transfer to a serving bowl. Toss with tomato mixture.

Serve.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:24.07, Inflammation Score:-7, Nutrition Score:19.263478196186%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 555.28kcal (27.76%), Fat: 21.79g (33.52%), Saturated Fat: 10.67g (66.69%), Carbohydrates: 61.61g (20.54%), Net Carbohydrates: 58.34g (21.21%), Sugar: 4.46g (4.96%), Cholesterol: 59.72mg (19.91%), Sodium: 676.09mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.81%), Selenium: 61.07µg (87.24%), Manganese: 0.87mg (43.27%), Phosphorus: 430.88mg (43.09%), Calcium: 412.24mg (41.22%), Vitamin B12: 1.72µg (28.73%), Zinc: 3.43mg (22.84%), Vitamin A: 1098.66IU (21.97%), Vitamin B2: 0.28mg (16.21%), Magnesium: 63.79mg (15.95%), Copper: 0.28mg (13.95%), Vitamin K: 14.63µg (13.93%), Fiber: 3.27g (13.09%), Vitamin C: 9.67mg (11.72%), Vitamin B6: 0.22mg (11.22%), Potassium: 390.35mg (11.15%), Iron: 1.61mg (8.93%), Vitamin B3: 1.77mg (8.83%), Vitamin B1: 0.12mg (8.01%), Folate: 29.21µg (7.3%), Vitamin E: 1.09mg (7.29%), Vitamin B5: 0.51mg (5.1%), Vitamin D: 0.3µg (2.02%)