



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

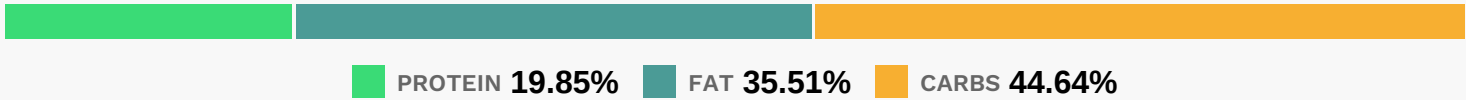
Equipment

☐ 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%)