



Tricolor Tomato Fettuccine

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces fettuccine barilla
- 0.5 cup basil fresh thinly sliced
- 4 large garlic clove thinly sliced
- 6.5 cups heirloom tomatoes green red yellow seeded coarsely chopped
- 0.7 cup olive oil divided
- 2 tablespoons oregano fresh chopped
- 2 ounces parmesan shaved
- 6 large shallots thinly sliced

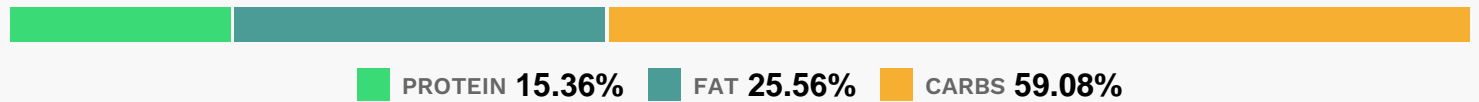
Equipment

- bowl
- frying pan
- pot

Directions

- Heat 1/3 cup oil in large skillet over medium-high heat.
- Add shallots and sauté 5 minutes.
- Add garlic; sauté 2 minutes. Reduce heat to medium; add tomatoes and herbs. Stir until tomatoes are heated through, about 2 minutes.
- Remove from heat; season with salt and pepper.
- Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite.
- Drain; transfer to bowl. Top with tomato mixture.
- Drizzle with 1/3 cup oil and sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:29.9, Inflammation Score:-10, Nutrition Score:28.949999933657%

Flavonoids

Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 528.17kcal (26.41%), Fat: 15.3g (23.54%), Saturated Fat: 4.44g (27.75%), Carbohydrates: 79.58g (26.53%), Net Carbohydrates: 71.5g (26%), Sugar: 11.17g (12.41%), Cholesterol: 81.08mg (27.03%), Sodium: 262.95mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.38%), Selenium: 71.21µg (101.72%), Manganese:

1.32mg (66.24%), Vitamin K: 52.47µg (49.97%), Vitamin A: 2382.88IU (47.66%), Vitamin C: 37.7mg (45.7%), Phosphorus: 393.92mg (39.39%), Fiber: 8.09g (32.34%), Vitamin B6: 0.59mg (29.38%), Calcium: 286.42mg (28.64%), Potassium: 972.1mg (27.77%), Magnesium: 99.49mg (24.87%), Copper: 0.47mg (23.47%), Iron: 3.94mg (21.9%), Vitamin E: 3.19mg (21.25%), Folate: 82.78µg (20.7%), Vitamin B1: 0.27mg (18.24%), Zinc: 2.71mg (18.07%), Vitamin B3: 3.5mg (17.51%), Vitamin B5: 1.21mg (12.11%), Vitamin B2: 0.2mg (11.52%), Vitamin B12: 0.42µg (6.95%), Vitamin D: 0.33µg (2.17%)