



HEALTH SCORE

51%

Tuscan Pasta With Tomato-Basil Cream

READY IN



15 min.

SERVINGS



6

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings garnish: basil strips fresh
- ☐ 20 oz four-cheese ravioli refrigerated
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 16 oz sun-dried tomato alfredo sauce
- ☐ 2 medium size tomatoes fresh chopped
- ☐ 2 tablespoons white wine

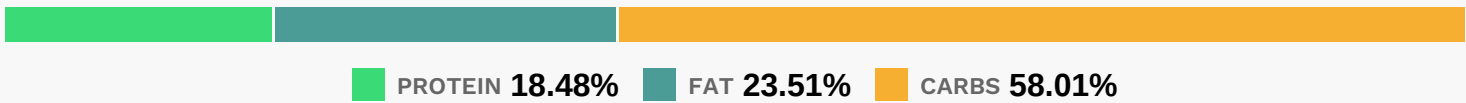
Equipment

☐ sauce pan

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, pour Alfredo sauce into a medium saucepan.
- ☐ Pour wine into sauce jar; cover tightly, and shake well. Stir wine mixture into saucepan. Stir in chopped tomatoes and 1/2 cup chopped basil, and cook over medium-low heat 5 minutes or until thoroughly heated. Toss with pasta, and top evenly with 1/3 cup grated Parmesan cheese.
- ☐ Garnish, if desired.
- ☐ *1 (13-oz.) package three-cheese tortellini may be substituted.
- ☐ **1 (5-oz.) can petite diced tomatoes, fully drained, may be substituted.
- ☐ Note: For testing purposes only, we used Buitoni Four Cheese Ravioli and Classico Sun-dried Tomato Alfredo Pasta Sauce.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:24.48, Inflammation Score:-9, Nutrition Score:31.167390950348%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 545.51kcal (27.28%), Fat: 15.07g (23.18%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 83.68g (27.89%), Net Carbohydrates: 71.12g (25.86%), Sugar: 31.46g (34.95%), Cholesterol: 55.86mg (18.62%), Sodium: 763.63mg (33.2%), Alcohol: 0.51g (100%), Alcohol %: 0.29% (100%), Protein: 26.66g (53.31%), Iron: 17.01mg (94.52%), Potassium: 2715.78mg (77.59%), Manganese: 1.5mg (74.94%), Copper: 1.12mg (55.78%), Fiber: 12.56g (50.23%), Vitamin K: 52.46µg (49.96%), Vitamin C: 35.97mg (43.6%), Magnesium: 156.18mg (39.04%), Vitamin B3:

7.13mg (35.66%), Phosphorus: 317.33mg (31.73%), Vitamin B1: 0.42mg (27.83%), Vitamin A: 1261.32IU (25.23%),
Vitamin B2: 0.4mg (23.55%), Vitamin B5: 1.64mg (16.43%), Calcium: 162.8mg (16.28%), Folate: 60.66µg (15.17%),
Vitamin B6: 0.3mg (14.85%), Zinc: 1.85mg (12.35%), Selenium: 6.12µg (8.74%), Vitamin E: 0.29mg (1.93%), Vitamin
B12: 0.08µg (1.25%)