



Vermicelli with Fresh Herb-Tomato Sauce

READY IN



20 min.

SERVINGS



5

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 7 oz vermicelli uncooked
- ☐ 2 cups tomatoes seeded chopped
- ☐ 2 oz parmesan shredded
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.1 teaspoon pepper black

1 clove garlic minced

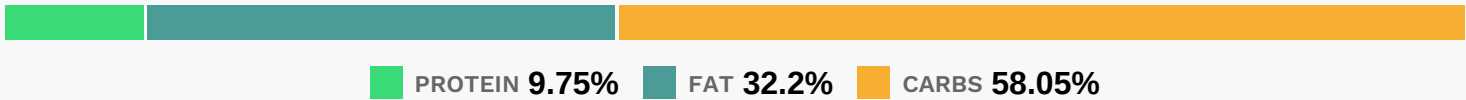
Equipment

bowl

Directions

- Cook and drain vermicelli as directed on package.
- Meanwhile, in large bowl, mix remaining ingredients.
- Gently stir cooked vermicelli into tomato mixture to coat.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:19.58, Inflammation Score:-5, Nutrition Score:6.5808696850486%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 250.81kcal (12.54%), Fat: 8.89g (13.68%), Saturated Fat: 2.71g (16.97%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 34.62g (12.59%), Sugar: 1.7g (1.89%), Cholesterol: 7.71mg (2.57%), Sodium: 489.73mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.11%), Phosphorus: 155.89mg (15.59%), Calcium: 151.66mg (15.17%), Manganese: 0.3mg (14.93%), Vitamin A: 679.9IU (13.6%), Vitamin K: 14.24µg (13.56%), Selenium: 8.65µg (12.35%), Vitamin C: 9.45mg (11.46%), Vitamin E: 1.16mg (7.76%), Fiber: 1.44g (5.76%), Potassium: 173mg (4.94%), Zinc: 0.73mg (4.86%), Magnesium: 17.6mg (4.4%), Copper: 0.08mg (3.88%), Vitamin B6: 0.07mg (3.74%), Iron: 0.63mg (3.48%), Vitamin B2: 0.06mg (3.45%), Folate: 12.78µg (3.2%), Vitamin B1: 0.04mg (2.76%), Vitamin B3: 0.49mg (2.47%), Vitamin B12: 0.14µg (2.27%), Vitamin B5: 0.14mg (1.35%)