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Five Ingredient Pasta Toss

A simple and delicious pasta dish made with only five ingredients. Perfect for a quick and easy dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------------|-----------------|
| 300 g | Pasta |
| 200 g | Cherry Tomatoes |
| 20 g | Fresh Basil |
| 2 tbsp | olive oil |
| 50 g | parmesan cheese |

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the cherry tomatoes and cook until they start to burst, about 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stirring

Add the cooked pasta to the skillet and toss to combine. Cook for an additional 2 minutes to heat through.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Stirring

Remove from heat and stir in the fresh basil. Serve hot with grated Parmesan cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 12 g | 70.59% | 70.59% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 50 g | 90.91% | 100% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 3 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 10 g | 35.71% | 40% |
| Cholesterol | 5 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 200 mg | 8.7% | 8.7% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Summer Fall

Meal Type

Lunch Snack Supper

Course

Salads Snacks

Cultural

Easter Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Difficulty Level

Easy

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