



Angel-Hair Pasta with Fresh Tomato Sauce

READY IN



25 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 lb capellini dried (angel-hair pasta)
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 small garlic clove
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 servings parmesan finely grated
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 3 lb tomatoes

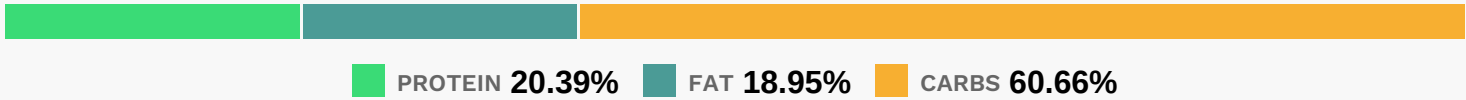
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ colander
- ☐ box grater

Directions

- ☐ Mince garlic and mash to a paste with a pinch of salt using a large heavy knife.
- ☐ Core and coarsely chop two thirds of tomatoes. Halve remaining tomatoes crosswise, then rub cut sides of tomatoes against large holes of a box grater set in a large bowl, reserving pulp and discarding skin. Toss pulp with chopped tomatoes, garlic paste, lemon juice, salt, sugar (if using), and pepper.
- ☐ Let stand until ready to use, at least 10 minutes.
- ☐ While tomatoes stand, cook pasta in a 6- to 8-quart pot of boiling salted water, uncovered, until al dente, about 2 minutes.
- ☐ Drain in a colander and immediately add to tomato mixture, tossing to combine.
- ☐ Sprinkle with basil.
- ☐ Tomato mixture can stand at room temperature up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:25.82, Inflammation Score:-9, Nutrition Score:22.448260804881%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 444.18kcal (22.21%), Fat: 9.38g (14.43%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 67.57g (22.52%), Net Carbohydrates: 62.33g (22.67%), Sugar: 9.03g (10.03%), Cholesterol: 20.4mg (6.8%), Sodium: 884.31mg (38.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.71g (45.42%), Selenium: 54.62µg (78.03%), Manganese: 1.01mg (50.6%), Vitamin A: 2230.27IU (44.61%), Phosphorus: 408.06mg (40.81%), Vitamin C: 33.52mg (40.63%), Calcium: 399.49mg (39.95%), Vitamin K: 27.08µg (25.79%), Potassium: 749.06mg (21.4%), Fiber: 5.24g (20.96%), Magnesium: 80.21mg (20.05%), Copper: 0.37mg (18.72%), Vitamin B6: 0.33mg (16.41%), Zinc: 2.3mg (15.36%), Vitamin B3: 2.74mg (13.71%), Folate: 52.13µg (13.03%), Vitamin B2: 0.19mg (11.25%), Vitamin B1: 0.17mg (11.11%), Iron: 1.94mg (10.76%), Vitamin E: 1.4mg (9.33%), Vitamin B5: 0.68mg (6.8%), Vitamin B12: 0.36µg (6%)