



 **36%**  
HEALTH SCORE

## Angel-Hair Pasta with Fresh Tomato Sauce

READY IN



25 min.

SERVINGS



6

CALORIES



445 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
- 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



**PROTEIN 20.42%** **FAT 18.95%** **CARBS 60.63%**

## Properties

Glycemic Index:63.18, Glycemic Load:25.83, Inflammation Score:-9, Nutrition Score:23.075217412866%

## 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

## Nutrients (% of daily need)

Calories: 444.64kcal (22.23%), Fat: 9.39g (14.45%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 67.63g (22.54%), Net Carbohydrates: 62.35g (22.67%), Sugar: 9.03g (10.04%), Cholesterol: 20.4mg (6.8%), Sodium: 884.39mg (38.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.54%), Selenium: 54.63µg (78.04%), Manganese: 1.03mg (51.75%), Vitamin A: 2335.77IU (46.72%), Vitamin C: 33.88mg (41.07%), Phosphorus: 409.18mg (40.92%), Calcium: 403.03mg (40.3%), Vitamin K: 35.38µg (33.7%), Potassium: 754.96mg (21.57%), Fiber: 5.27g (21.09%), Magnesium: 81.49mg (20.37%), Copper: 0.38mg (19.11%), Vitamin B6: 0.33mg (16.56%), Zinc: 2.32mg (15.47%), Vitamin B3: 2.76mg (13.8%), Folate: 53.49µg (13.37%), Vitamin B2: 0.19mg (11.34%), Vitamin B1: 0.17mg (11.16%), Iron: 2mg (11.11%), Vitamin E: 1.42mg (9.44%), Vitamin B5: 0.68mg (6.84%), Vitamin B12: 0.36µg (6%)