



Angel Hair with Green-and-Yellow-Tomato Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound angel hair pasta
- ☐ 0.3 cup basil chopped
- ☐ 4 cloves garlic minced
- ☐ 1 pound heirloom tomatoes such as zebra diced green ripe
- ☐ 2 tablespoons olive oil pure
- ☐ 2 sage leaves finely chopped
- ☐ 20 servings salt

- ☐ 2 large shallots minced (large)
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 1 pound tomatoes diced yellow

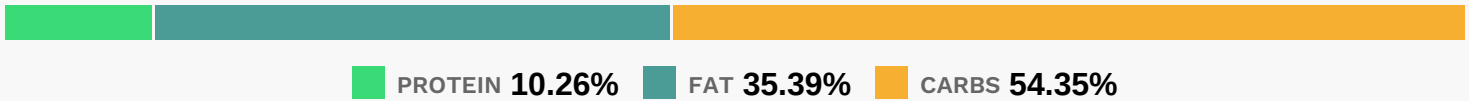
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a skillet, heat the oil.
- ☐ Add the garlic and cook over low heat until fragrant, 2 minutes.
- ☐ Add the shallots and cook over moderate heat, stirring, until softened, 4 minutes.
- ☐ In a bowl, toss the tomatoes with the garlic, shallots, basil and sage. Season with salt.
- ☐ In a pot of boiling salted water, cook the pasta until al dente; drain and transfer to the large bowl. Toss well with the butter; serve.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:3.8, Inflammation Score:-3, Nutrition Score:3.3247825684755%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 77.08kcal (3.85%), Fat: 3.08g (4.74%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.76g (3.55%), Sugar: 1.1g (1.23%), Cholesterol: 0mg (0%), Sodium: 201.29mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Selenium: 7.37µg (10.53%), Manganese: 0.18mg (8.94%), Vitamin C: 5.59mg (6.78%), Vitamin K: 4.76µg (4.54%), Copper: 0.09mg (4.33%), Potassium: 149.28mg (4.27%),

Vitamin A: 204.9IU (4.1%), Phosphorus: 37.63mg (3.76%), Vitamin E: 0.54mg (3.61%), Fiber: 0.89g (3.57%), Folate: 13.32µg (3.33%), Vitamin B6: 0.06mg (3.17%), Vitamin B3: 0.61mg (3.03%), Magnesium: 12.11mg (3.03%), Iron: 0.39mg (2.15%), Vitamin B1: 0.03mg (2.05%), Zinc: 0.28mg (1.88%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.11mg (1.05%)