



Angel Hair with Tomato and Basil

READY IN



20 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup onion finely chopped
- 0.3 teaspoon pepper red crushed
- 14.5 oz canned tomatoes plain diced fire roasted organic undrained canned
- 1 clove garlic finely chopped
- 0.3 teaspoon coarse salt (kosher or sea salt)
- 8 oz angel hair pasta uncooked (capellini)
- 0.3 cup basil fresh chopped
- 0.5 cup parmesan shredded

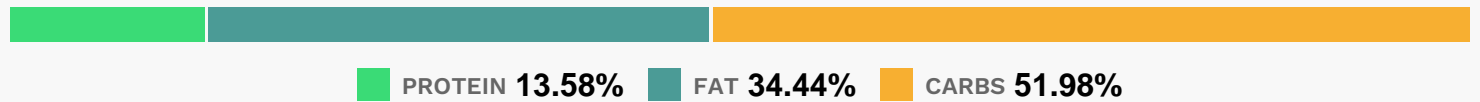
Equipment

- bowl
- frying pan

Directions

- In 10-inch skillet, heat 2 tablespoons of the oil over medium heat.
- Add onion and red pepper flakes; cook 5 minutes, stirring frequently, until onion is tender.
- Add tomatoes, garlic and salt.
- Heat to boiling. Reduce heat; simmer uncovered 3 minutes, stirring occasionally.
- Meanwhile, cook pasta as directed on package.
- Drain; place in serving bowl.
- Pour tomato mixture over pasta; toss gently to coat.
- Add basil, cheese and remaining 1 tablespoon oil; toss.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:11.75, Inflammation Score:-4, Nutrition Score:7.2434782113718%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 257.08kcal (12.85%), Fat: 9.76g (15.01%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 31.11g (11.31%), Sugar: 3.24g (3.6%), Cholesterol: 5.67mg (1.89%), Sodium: 340.34mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Selenium: 25.92µg (37.03%), Manganese: 0.39mg (19.35%), Phosphorus: 134.72mg (13.47%), Calcium: 133.3mg (13.33%), Vitamin A: 416.9IU (8.34%), Vitamin K:

8.69µg (8.28%), Fiber: 2.02g (8.08%), Vitamin E: 1.11mg (7.41%), Magnesium: 25.93mg (6.48%), Copper: 0.12mg (6.17%), Iron: 1.05mg (5.85%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.09mg (4.34%), Vitamin B3: 0.7mg (3.51%), Potassium: 118.1mg (3.37%), Vitamin B2: 0.06mg (3.3%), Vitamin C: 2.56mg (3.1%), Vitamin B1: 0.05mg (3%), Folate: 10.64µg (2.66%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.1µg (1.67%)