



Babapasta with Seeds

READY IN



1500 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 10 peppercorns black
- ☐ 25 g butter
- ☐ 100 g mature cheddar grated
- ☐ 1 handful basil fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 500 ml milk
- ☐ 1 tbsp olive oil
- ☐ 0.5 onion

- ☐ 2 onions finely chopped
- ☐ 50 g parmesan freshly grated
- ☐ 500 g carton of passata
- ☐ 25 g flour plain
- ☐ 1 tbsp sugar
- ☐ 3 tbsp tomato purée

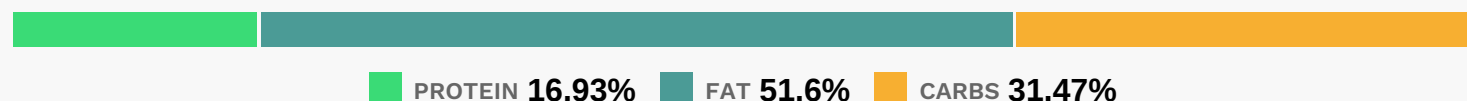
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Saute the onion and garlic in the olive oil until the onion is translucent.
- ☐ Add the passata and cook gently for a few minutes before adding the tomato puree and sugar.
- ☐ Cook gently for 20 minutes.
- ☐ Stir well, then add the basil and season.
- ☐ Heat the milk in a saucepan with the onion, peppercorns and bay leaf. Bring to the boil and then strain off the peppercorns and the bay leaf.
- ☐ In another saucepan, melt the butter and stir in the flour.
- ☐ Add a little milk at a time and whisk until mixture thickens, then add a little more milk and do the same until all the milk is used. Bring the sauce to the boil and then simmer gently for a couple of minutes, still whisking.
- ☐ Add the grated cheddar and Parmesan and stir until melted. Season with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:42.09, Glycemic Load:3.22, Inflammation Score:-5, Nutrition Score:6.897391371105%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 140.19kcal (7.01%), Fat: 8.29g (12.76%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.01g (3.64%), Sugar: 6.31g (7.02%), Cholesterol: 20.8mg (6.93%), Sodium: 164.84mg (7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Calcium: 176.99mg (17.7%), Phosphorus: 138.91mg (13.89%), Vitamin B2: 0.16mg (9.68%), Vitamin A: 480.89IU (9.62%), Potassium: 315.33mg (9.01%), Vitamin E: 1.22mg (8.12%), Vitamin C: 6.64mg (8.05%), Manganese: 0.15mg (7.69%), Selenium: 5.32µg (7.61%), Copper: 0.15mg (7.57%), Vitamin B6: 0.13mg (6.28%), Vitamin B12: 0.37µg (6.23%), Iron: 1.04mg (5.78%), Magnesium: 23.02mg (5.75%), Zinc: 0.82mg (5.49%), Fiber: 1.37g (5.47%), Vitamin B5: 0.46mg (4.59%), Vitamin B1: 0.07mg (4.49%), Vitamin B3: 0.89mg (4.43%), Folate: 15.45µg (3.86%), Vitamin K: 3.89µg (3.71%), Vitamin D: 0.54µg (3.62%)