



 **100%**
HEALTH SCORE

Basil Tagliatelle with Roasted Red Bell Pepper Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 ounces basil whole wheat
- 7 ounces basil whole wheat
- 10 medium bell pepper red
- 4 garlic clove minced
- 4 tbsp parsley chopped
- 4 tbsp horseradish grated
- 2 spring onion chopped

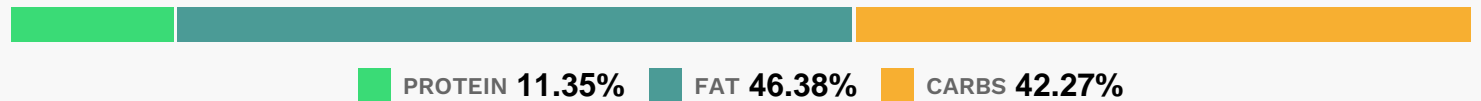
- 4 tbsp juice of lemon
- 3 tbsp olive oil extra virgin
- 1 tsp sea salt
- 0.3 tsp pepper

Equipment

Directions

- Go to my blog for the full instructions: <http://gourmandelle.com/basil-tagliatelle-with-roasted-red-bell-pepper-salad/>

Nutrition Facts



Properties

Glycemic Index:83.25, Glycemic Load:5.32, Inflammation Score:-10, Nutrition Score:34.644347826087%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.2mg, Apigenin: 8.2mg, Apigenin: 8.2mg, Apigenin: 8.2mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Taste

Sweetness: 79.65%, Saltiness: 57.96%, Sourness: 100%, Bitterness: 76.36%, Savoriness: 11.8%, Fattiness: 78.23%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 211.67kcal (10.58%), Fat: 12.23g (18.81%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 16.32g (5.93%), Sugar: 14.57g (16.19%), Cholesterol: 0mg (0%), Sodium: 664.23mg (28.88%), Protein: 6.73g (13.46%), Vitamin C: 415.32mg (503.42%), Vitamin K: 507.93µg (483.75%), Vitamin A: 14931.07IU (298.62%), Manganese: 1.58mg (79.08%), Folate: 225.61µg (56.4%), Vitamin B6: 1.08mg (54.11%), Vitamin E: 7.1mg (47.31%), Fiber: 8.76g (35.05%), Potassium: 1024.87mg (29.28%), Iron: 4.96mg (27.53%), Magnesium: 108.3mg (27.08%), Copper: 0.47mg (23.3%), Calcium: 221.95mg (22.19%), Vitamin B2: 0.35mg (20.37%), Vitamin B3: 3.98mg

(19.92%), Phosphorus: 148.04mg (14.8%), Vitamin B1: 0.21mg (14.13%), Vitamin B5: 1.22mg (12.24%), Zinc: 1.78mg (11.88%), Selenium: 1.51µg (2.15%)