



Bucatini With Olive-Caper Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces bucatini pasta
- 2 tablespoons capers drained and rinsed
- 3 tablespoons basil fresh chopped
- 8 ounces mozzarella cheese fresh finely chopped
- 1 small clove garlic
- 4 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 0.7 cup niçoise olives pitted chopped

- 1 pinch pepper flakes red
- 1 pound tomatoes diced
- 3 tablespoons butter unsalted cut into pieces, at room temperature

Equipment

- bowl
- pot
- cutting board
- chefs knife

Directions

- Bring a large pot of salted water to a boil.
- Add the pasta and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta.
- Meanwhile, pile the garlic, 1 tablespoon capers and the red pepper flakes on a cutting board; mince, then mash with the flat side of a chef's knife to make a paste.
- Transfer the mixture to a large bowl and add the olive oil, tomatoes, olives, the remaining 1 tablespoon capers and the butter. Stir in the basil and cheese.
- Add the pasta to the bowl with the tomato mixture and toss until the butter is melted, adding the reserved cooking water to moisten, if needed. Season with salt.

Nutrition Facts

 **PROTEIN 14.77%**  **FAT 43.83%**  **CARBS 41.4%**

Properties

Glycemic Index:51.75, Glycemic Load:27.1, Inflammation Score:-8, Nutrition Score:21.762174108754%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

7.57mg

Nutrients (% of daily need)

Calories: 678.28kcal (33.91%), Fat: 33.19g (51.07%), Saturated Fat: 14.55g (90.95%), Carbohydrates: 70.53g (23.51%), Net Carbohydrates: 65.52g (23.83%), Sugar: 6g (6.66%), Cholesterol: 67.37mg (22.46%), Sodium: 1023.72mg (44.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.34%), Selenium: 63.86µg (91.23%), Manganese: 0.96mg (48.02%), Phosphorus: 394.55mg (39.46%), Vitamin A: 1770.84IU (35.42%), Calcium: 335.64mg (33.56%), Vitamin B12: 1.31µg (21.84%), Vitamin K: 22.86µg (21.77%), Zinc: 3.1mg (20.67%), Fiber: 5g (20.01%), Vitamin E: 2.98mg (19.87%), Vitamin C: 16.21mg (19.65%), Copper: 0.37mg (18.55%), Magnesium: 74.08mg (18.52%), Potassium: 523.1mg (14.95%), Vitamin B2: 0.25mg (14.47%), Vitamin B6: 0.25mg (12.64%), Vitamin B3: 2.28mg (11.42%), Iron: 1.95mg (10.81%), Folate: 39.25µg (9.81%), Vitamin B1: 0.14mg (9.57%), Vitamin B5: 0.57mg (5.73%), Vitamin D: 0.38µg (2.56%)