

# Butterfly Tomatoes with Salsa Cruda

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

## Ingredients

- 6 servings pepper black freshly ground to taste
- 12 ounces farfalle pasta dried (butterfly pasta)
- 0.3 cup mint leaves fresh chopped
- 4 large cloves garlic finely chopped
- 2 teaspoons lemon zest finely grated
- 0.3 cup olive oil extra virgin extra-virgin
- 6 ounces pecorino (optional garnish)
- 6 servings salt to taste

- 1 teaspoon sugar
- 48 ounces tomatoes very ripe

## Equipment

- bowl
- pot
- colander
- grater

## Directions

- Core the tomatoes and cut them into 1/2-inch pieces.
- Place in a large serving bowl with the garlic. (If the tomatoes seem watery, drain them first in a colander for 20 minutes, tapping it once or twice.)
- Stir in olive oil, 1/4 cup of the mint, the lemon zest, sugar, and pepper.
- Let rest for 2 to 4 hours for flavors to blend.
- Before serving, bring a large pot of salted water to a boil. Cook the pasta until just tender; drain.
- Add to the tomato sauce; toss well. Before serving, season lightly with salt. If desired, grate ricotta salata atop the pasta using the largest holes of the grater.
- Sprinkle with the remaining chopped mint.
- Serve.
- Per serving (with the cheese): 447 calories, 65g carbohydrates, 14g protein, 15g fat, 14mg cholesterol.
- New Wellness, Richmond, Va.

## Nutrition Facts

PROTEIN 13.04%  FAT 32.15%  CARBS 54.81%

## Properties

Glycemic Index:39.85, Glycemic Load:20.23, Inflammation Score:-9, Nutrition Score:17.771304368973%

## Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 387.49kcal (19.37%), Fat: 14.02g (21.58%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 53.8g (17.93%), Net Carbohydrates: 48.97g (17.81%), Sugar: 8.27g (9.19%), Cholesterol: 14.46mg (4.82%), Sodium: 233.51mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.6%), Selenium: 40.24µg (57.49%), Manganese: 0.85mg (42.45%), Vitamin A: 2096.08IU (41.92%), Vitamin C: 33.15mg (40.18%), Vitamin K: 23.9µg (22.76%), Phosphorus: 211.05mg (21.11%), Potassium: 714.94mg (20.43%), Fiber: 4.82g (19.3%), Vitamin E: 2.62mg (17.46%), Copper: 0.32mg (15.9%), Vitamin B6: 0.3mg (15.14%), Magnesium: 60.39mg (15.1%), Folate: 49.93µg (12.48%), Vitamin B3: 2.39mg (11.95%), Zinc: 1.56mg (10.41%), Calcium: 103mg (10.3%), Vitamin B1: 0.14mg (9.64%), Iron: 1.65mg (9.19%), Vitamin B2: 0.14mg (8.26%), Vitamin B5: 0.53mg (5.28%), Vitamin B12: 0.1µg (1.61%)