



Capellini With Spicy Zucchini-Tomato Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes whole canned
- ☐ 0.5 pound capellini
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings parmesan cheese grated for topping
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 medium zucchini cut into small chunks

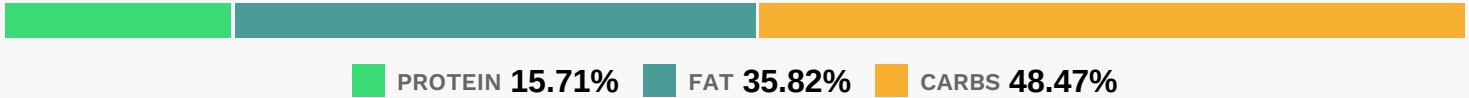
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Add the garlic and red pepper flakes and cook until the garlic is just golden, about 1 minute. Crush the tomatoes into the skillet with your hands and add the juice.
- ☐ Add 1/2 teaspoon salt and simmer, stirring occasionally, until the sauce is slightly thickened, about 15 minutes.
- ☐ Add the zucchini and cook until crisp-tender, about 5 minutes. Season with salt.
- ☐ Meanwhile, bring a large pot of salted water to a boil.
- ☐ Add the capellini and cook as the label directs.
- ☐ Drain and add to the sauce along with the basil; toss to coat. Top with parmesan.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:21.32, Inflammation Score:-8, Nutrition Score:23.738260849662%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 503.12kcal (25.16%), Fat: 20.5g (31.54%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 62.4g (20.8%), Net Carbohydrates: 56.24g (20.45%), Sugar: 11.51g (12.79%), Cholesterol: 26.1mg (8.7%), Sodium: 990.51mg (43.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.47%), Selenium: 47.76µg (68.23%), Manganese: 1.03mg (51.39%), Phosphorus: 381.85mg (38.18%), Calcium: 357.07mg (35.71%), Vitamin C: 27.53mg (33.37%), Vitamin E: 4.33mg (28.85%), Copper: 0.57mg (28.72%), Potassium: 900.99mg (25.74%), Vitamin B6: 0.5mg (24.83%), Vitamin K: 25.88µg (24.65%), Fiber: 6.16g (24.63%), Magnesium: 90.4mg (22.6%), Iron: 3.78mg

(20.98%), Zinc: 2.82mg (18.79%), Vitamin B3: 3.67mg (18.33%), Vitamin A: 900.42IU (18.01%), Vitamin B2: 0.29mg (17.05%), Vitamin B1: 0.23mg (15.49%), Folate: 50.64µg (12.66%), Vitamin B5: 1mg (10.02%), Vitamin B12: 0.41µg (6.75%)