



 **51%**
HEALTH SCORE

Capellini with Tomatoes and Basil

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 pound angel hair pasta dried
- 6 servings extra basil and parmesan grated chopped for serving
- 18 large basil leaves julienned
- 1 teaspoon pepper black freshly ground
- 2 tablespoons curly-leaf parsley fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 6 cloves garlic minced
- 4 pints grape tomatoes
- 6 servings kosher salt

- 0.5 cup olive oil good for the pot
- 1.5 cups parmesan cheese freshly grated
- 0.5 teaspoon pepper flakes red crushed

Equipment

- bowl
- frying pan
- pot

Directions

- Watch how to make this recipe.
- Bring a large pot of water to a boil and add 2 tablespoons of salt and a splash of oil to the pot.
- Meanwhile, heat the 1/2 cup of olive oil in a large (12-inch) saute pan.
- Add the garlic to the oil and cook over medium heat for 30 seconds.
- Add the tomatoes, basil, parsley, thyme, 2 teaspoons salt, the pepper, and red pepper flakes. Reduce the heat to medium-low and cook for 5 to 7 minutes, tossing occasionally, until the tomatoes begin to soften but don't break up.
- While the tomatoes are cooking, add the capellini to the pot of boiling water and cook for 2 minutes, or according to the directions on the package.
- Drain the pasta, reserving some of the pasta water.
- Place the pasta in a large serving bowl, add the tomatoes and Parmesan and toss well.
- Add some of the pasta water if the pasta seems too dry.
- Serve large bowls of pasta with extra basil sprinkled on top and a big bowl of extra Parmesan on the side.

Nutrition Facts

 PROTEIN 17.4%  FAT 25.57%  CARBS 57.03%

Properties

Glycemic Index:53.5, Glycemic Load:17.41, Inflammation Score:-9, Nutrition Score:25.429130308006%

Flavonoids

Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 411.87kcal (20.59%), Fat: 11.9g (18.3%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 59.71g (19.9%), Net Carbohydrates: 55.29g (20.11%), Sugar: 9.45g (10.5%), Cholesterol: 21.75mg (7.25%), Sodium: 673.71mg (29.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.43%), Vitamin C: 76.28mg (92.46%), Selenium: 46.65µg (66.64%), Manganese: 1.02mg (50.94%), Vitamin K: 47.4µg (45.14%), Vitamin A: 2123.11IU (42.46%), Phosphorus: 362.88mg (36.29%), Calcium: 285.42mg (28.54%), Potassium: 900.79mg (25.74%), Copper: 0.44mg (22.18%), Vitamin B6: 0.4mg (20.01%), Iron: 3.43mg (19.05%), Magnesium: 72.55mg (18.14%), Fiber: 4.42g (17.67%), Vitamin E: 2.58mg (17.2%), Zinc: 2.42mg (16.15%), Folate: 57.41µg (14.35%), Vitamin B3: 2.76mg (13.82%), Vitamin B1: 0.18mg (12.04%), Vitamin B2: 0.2mg (11.88%), Vitamin B5: 0.77mg (7.71%), Vitamin B12: 0.34µg (5.63%)