



Cavatelli With Tomato Sauce and Ricotta

READY IN



30 min.

SERVINGS



4

CALORIES



637 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup torn basil fresh
- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 12 ounces cavatelli pasta
- ☐ 4 cloves garlic thinly sliced
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup pecorino romano cheese grated
- ☐ 4 servings pepper freshly ground
- ☐ 0.5 teaspoon pepper flakes red

☐ 1 cup ricotta cheese

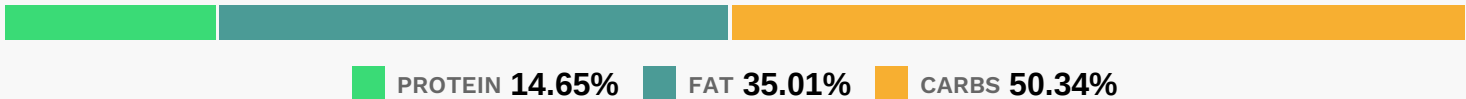
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the cavatelli and cook as the label directs. Reserve 1/4 cup cooking water, then drain.
- ☐ Meanwhile, heat the olive oil in a large skillet over medium heat.
- ☐ Add the garlic, 1/2 teaspoon salt and the red pepper flakes and cook until the garlic is soft but not browned, 3 to 4 minutes. Stir in the basil and tomatoes with their juice. Increase the heat to high and cook until the sauce is thickened, about 10 minutes.
- ☐ Add the cavatelli and the reserved cooking water to the skillet; cook, tossing, until warmed through, 2 to 3 minutes. Divide among bowls and top with the ricotta and pecorino. Season with salt and pepper.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:30.49, Inflammation Score:-8, Nutrition Score:25.99565222989%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 636.9kcal (31.85%), Fat: 25.15g (38.7%), Saturated Fat: 8.4g (52.52%), Carbohydrates: 81.38g (27.13%), Net Carbohydrates: 74.65g (27.14%), Sugar: 11.28g (12.53%), Cholesterol: 38.12mg (12.71%), Sodium: 593mg (25.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.38%), Selenium: 65.33µg (93.33%), Manganese: 1.27mg (63.37%), Phosphorus: 377.72mg (37.77%), Vitamin K: 38.7µg (36.86%), Copper: 0.65mg (32.71%), Vitamin E: 4.74mg (31.57%), Calcium: 295.09mg (29.51%), Fiber: 6.74g (26.96%), Vitamin B6: 0.5mg (25.01%), Potassium: 873.27mg (24.95%), Magnesium: 98.33mg (24.58%), Vitamin C: 20mg (24.25%), Iron: 4.29mg (23.85%), Vitamin A: 1040.81IU (20.82%), Vitamin B3: 4.03mg (20.16%), Vitamin B2: 0.31mg (18.09%), Zinc: 2.7mg (17.99%), Vitamin B1: 0.24mg (16.27%), Folate: 52.22µg (13.06%), Vitamin B5: 1.11mg (11.08%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.16µg (1.03%)