



Charred Cherry Tomato Pasta with Aleppo Pepper

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon thyme leaves fresh roughly chopped
- ☐ 4 clove garlic paper thin sliced
- ☐ 1 pound grape tomatoes dried whole washed and thoroughly
- ☐ 1 teaspoon ground aleppo pepper
- ☐ 1 tablespoon pomegranate molasses
- ☐ 3 tablespoon olive oil divided
- ☐ 8 ounce perciatelli pasta

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of heavily salted water to a boil over high heat.
- ☐ Add pasta and cook according to package directions. Reserve ½ cup pasta water and drain pasta.Meanwhile, heat 2 tbsp of the oil in a heavy-bottomed large skillet over high heat until wisps of smoke come off the pan.
- ☐ Add garlic, Aleppo pepper, and thyme, and cook for a few seconds until just fragrant.
- ☐ Add tomatoes, stir to coat in oil, then cook, swirling occasionally, until tomatoes charred and about to burst, about 4 minutes. Immediately remove from heat, add drained pasta, pomegranate molasses, ¼ cup of the pasta water, stir to coat, taste, and add salt or sugar as desired.
- ☐ Add remaining pasta water, as needed, so that the sauce delicately coats each strand of pasta.Stir in remaining 1 tbsp of the oil, walnuts, and basil or parsley and toss to coat the pasta. Taste, add more salt and Aleppo pepper as desired and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:20.12, Inflammation Score:-8, Nutrition Score:13.073043636654%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 344.47kcal (17.22%), Fat: 11.68g (17.97%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 51.85g (17.28%),
Net Carbohydrates: 48.37g (17.59%), Sugar: 8.3g (9.22%), Cholesterol: 0mg (0%), Sodium: 19.89mg (0.86%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.35%), Selenium: 37.25µg (53.22%), Manganese:
0.79mg (39.65%), Vitamin A: 1116.88IU (22.34%), Vitamin C: 17.28mg (20.94%), Vitamin E: 2.38mg (15.87%), Vitamin
K: 15.92µg (15.16%), Phosphorus: 142.55mg (14.25%), Magnesium: 56.92mg (14.23%), Potassium: 493.12mg (14.09%),
Fiber: 3.48g (13.93%), Copper: 0.27mg (13.59%), Vitamin B6: 0.25mg (12.71%), Vitamin B3: 1.77mg (8.86%), Iron:
1.56mg (8.68%), Zinc: 1.07mg (7.15%), Folate: 27.67µg (6.92%), Vitamin B1: 0.1mg (6.84%), Calcium: 42.71mg (4.27%),
Vitamin B5: 0.41mg (4.1%), Vitamin B2: 0.07mg (3.88%)