



Cherry Tomato Spaghetti with Toasted Pine Nuts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups cherry tomatoes red
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 teaspoon garlic powder divided
- ☐ 1.5 tablespoons olive oil divided
- ☐ 3 tablespoons pinenuts toasted

- ☐ 0.5 teaspoon salt
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 2 ounce sandwich bread

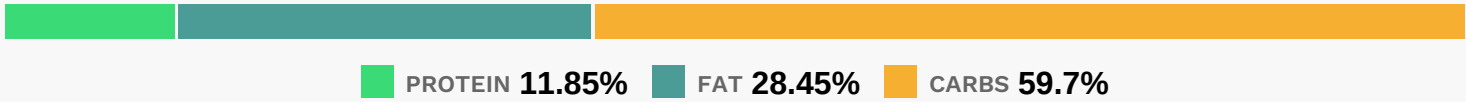
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup.
- ☐ Add 1 1/2 teaspoons oil and 1/2 teaspoon garlic powder; pulse to combine.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add breadcrumb mixture to pan; cook 2 minutes or until lightly toasted.
- ☐ Remove from pan; set aside.
- ☐ Heat 1 teaspoon oil in pan.
- ☐ Add tomatoes to pan; cook for 3 minutes or until tomatoes begin to wrinkle.
- ☐ Sprinkle with remaining 1/2 teaspoon garlic powder and garlic; cook 30 seconds. Cover; reduce heat to low.
- ☐ Cook pasta according to the package directions, omitting salt and fat.
- ☐ Add pasta, remaining 2 teaspoons oil, basil, pine nuts, salt, and pepper to tomato mixture, stirring to combine. Toss pasta with breadcrumbs; serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.44, Glycemic Load:22.25, Inflammation Score:-7, Nutrition Score:16.547826352327%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 372.12kcal (18.61%), Fat: 11.9g (18.31%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 56.18g (18.73%), Net Carbohydrates: 52.81g (19.21%), Sugar: 5.37g (5.97%), Cholesterol: 0mg (0%), Sodium: 375.17mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Manganese: 1.46mg (73.01%), Selenium: 40.24µg (57.49%), Vitamin C: 26.52mg (32.15%), Phosphorus: 205.18mg (20.52%), Copper: 0.38mg (19.13%), Magnesium: 65.08mg (16.27%), Vitamin K: 16.89µg (16.08%), Vitamin E: 2.2mg (14.63%), Iron: 2.56mg (14.22%), Fiber: 3.37g (13.48%), Vitamin B1: 0.2mg (13.26%), Potassium: 455.58mg (13.02%), Vitamin B3: 2.6mg (13%), Vitamin A: 628.79IU (12.58%), Vitamin B6: 0.23mg (11.59%), Folate: 44.48µg (11.12%), Zinc: 1.63mg (10.85%), Vitamin B2: 0.11mg (6.74%), Calcium: 63.41mg (6.34%), Vitamin B5: 0.51mg (5.12%)