



Cold Spaghetti with Spicy Raw Sauce



Vegetarian



Vegan



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup basil leaves shredded



6 servings pepper black freshly ground



1 chile pepper finely chopped



1 large clove to a paste grated crushed peeled



0.3 cup olive oil extra-virgin



1 bell pepper red



6 servings salt



1 pound pasta like spaghetti

- ☐ 5 medium vine ripened tomato

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ broiler
- ☐ tongs

Directions

- ☐ Bring a large pot of water to boil over medium heat for the pasta.
- ☐ Broil or char the red bell pepper under hot broiler with oven door slightly ajar or roast it over flame burner holding the pepper with tongs.
- ☐ Put the pepper into bowl and cover it with plastic wrap.
- ☐ Let cool, then peel, seed and finely chop. Set aside.
- ☐ When the water comes to a boil, add some salt.
- ☐ Cut an X shaped mark gently through the tomato skins at the stem end, then add them to the boiling water. Boil for 1 full minute, then remove them with a spider or tongs and cool on the counter for 1 to 2 minutes. Do not cold shock. The heat will gently cook the tomato a bit.
- ☐ Add pasta to the boiling water and cook to al dente.
- ☐ Drain, run under cold water and drain again.
- ☐ Put the extra-virgin olive oil into a large shallow serving dish and stir in the chile and grated or garlic paste.
- ☐ Peel the tomatoes and cut them in half; seed and chop.
- ☐ Add them to the garlic oil mixture along with the chopped roasted red bell pepper. Stir in most of the basil, reserving a little for garnish.
- ☐ Add the pasta and toss to combine.
- ☐ Garnish with extra basil and black pepper and serve.

Nutrition Facts



 **PROTEIN 11.51%**  **FAT 24.23%**  **CARBS 64.26%**

Properties

Glycemic Index:53.33, Glycemic Load:24.28, Inflammation Score:-8, Nutrition Score:17.317826208861%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 387.68kcal (19.38%), Fat: 10.47g (16.1%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 62.45g (20.82%), Net Carbohydrates: 58.21g (21.17%), Sugar: 5.96g (6.62%), Cholesterol: 0mg (0%), Sodium: 211.42mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.38%), Selenium: 47.86µg (68.37%), Vitamin C: 50.57mg (61.29%), Manganese: 0.88mg (44.2%), Vitamin A: 1652.4IU (33.05%), Vitamin K: 24.13µg (22.98%), Phosphorus: 177.41mg (17.74%), Fiber: 4.24g (16.98%), Vitamin E: 2.31mg (15.43%), Copper: 0.3mg (15.09%), Vitamin B6: 0.29mg (14.44%), Magnesium: 56.98mg (14.25%), Potassium: 485.22mg (13.86%), Vitamin B3: 2.2mg (11.01%), Folate: 41.24µg (10.31%), Zinc: 1.33mg (8.88%), Iron: 1.55mg (8.62%), Vitamin B1: 0.12mg (8.2%), Vitamin B2: 0.09mg (5.31%), Vitamin B5: 0.5mg (5.01%), Calcium: 32.85mg (3.29%)