



Cook the Book: Salina-Style Spaghettini with Cherry Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces cherry tomatoes ripe cut in half
- ☐ 5 tablespoons olive oil extra virgin
- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 1 garlic clove minced peeled
- ☐ 2.3 ounces pecorino freshly grated
- ☐ 1 pound spaghettini dried
- ☐ 1 pinch ground pepper

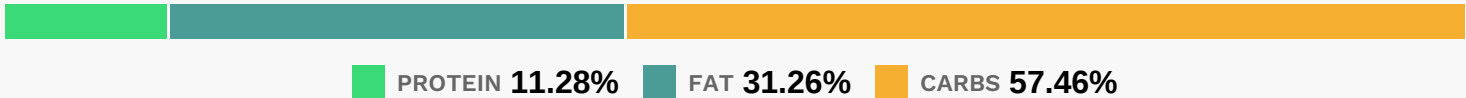
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Put the olive oil and cherry tomatoes in a large straight-sided sauté pan.
- ☐ Sprinkle with cayenne. Warm over medium heat until the tomatoes begin to give off some of their juice, shaking the pan every so often.
- ☐ Meanwhile, generously salt the boiling water in the pot and add the spaghetti. Cook, stirring often, until al dente.
- ☐ Drain the pasta, reserving 1 cup of the pasta cooking water.
- ☐ Transfer the pasta to the sauté pan, add the garlic, and toss with the tomatoes.
- ☐ Add 1/3 cup of the reserved pasta water. Toss over medium heat until the water and oil emulsify.
- ☐ Add more water as necessary, a tablespoon at a time, until you have a nice creamy consistency and all the strands of spaghetti are well coated with sauce. Rip the mint leaves into small pieces and toss with the spaghetti.
- ☐ Transfer to heated bowls and top with the cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:22.83, Inflammation Score:-5, Nutrition Score:11.898260894677%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 412.33kcal (20.62%), Fat: 14.27g (21.95%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 59.02g (19.67%), Net Carbohydrates: 56.02g (20.37%), Sugar: 3g (3.33%), Cholesterol: 5.42mg (1.81%), Sodium: 19.11mg (0.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Selenium: 49.58µg (70.83%), Manganese: 0.79mg (39.32%), Phosphorus: 173.81mg (17.38%), Vitamin E: 1.99mg (13.28%), Copper: 0.26mg (13.15%), Vitamin C: 9.98mg (12.1%), Fiber: 3g (12%), Magnesium: 47.79mg (11.95%), Zinc: 1.29mg (8.6%), Iron: 1.55mg (8.59%), Potassium: 285.95mg (8.17%), Vitamin A: 398.43IU (7.97%), Vitamin K: 8.3µg (7.9%), Vitamin B3: 1.57mg (7.83%), Vitamin B6: 0.15mg (7.66%), Folate: 24.11µg (6.03%), Vitamin B1: 0.09mg (5.81%), Calcium: 52.2mg (5.22%), Vitamin B2: 0.09mg (5%), Vitamin B5: 0.41mg (4.13%)