



Corner House by Jason Tan, Singapore

READY IN



40 min.

SERVINGS



15

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 servings peppercorn black freshly ground
- ☐ 1 tsp brown sugar
- ☐ 400 g canned tomatoes canned
- ☐ 1 large eggs lightly beaten
- ☐ 15 servings ground almonds
- ☐ 0.3 cup heavy cream
- ☐ 15 servings marmalade
- ☐ 15 servings orange juice
- ☐ 2 orange zest

- ☐ 15 servings parsley
- ☐ 150 g penne pasta
- ☐ 15 servings poppy seeds
- ☐ 15 servings chili flakes red
- ☐ 15 servings salt
- ☐ 15 servings self-raising flour
- ☐ 1 cup lobster stock
- ☐ 15 servings caster sugar
- ☐ 15 servings butter unsalted

Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 170C.

Nutrition Facts



Properties

Glycemic Index:29.21, Glycemic Load:31.98, Inflammation Score:-9, Nutrition Score:21.079130665116%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 368.94kcal (18.45%), Fat: 11.13g (17.12%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 63.48g (21.16%), Net Carbohydrates: 58.81g (21.39%), Sugar: 38.38g (42.64%), Cholesterol: 27.63mg (9.21%), Sodium: 344.66mg

(14.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Vitamin C: 96.84mg (117.38%), Vitamin K: 71.45µg (68.05%), Manganese: 1mg (50.08%), Vitamin A: 1574.25IU (31.49%), Folate: 77.32µg (19.33%), Calcium: 191.66mg (19.17%), Copper: 0.38mg (18.86%), Vitamin B1: 0.28mg (18.77%), Fiber: 4.67g (18.67%), Selenium: 12.79µg (18.27%), Magnesium: 70.96mg (17.74%), Potassium: 615.52mg (17.59%), Phosphorus: 165.57mg (16.56%), Iron: 2.67mg (14.83%), Vitamin E: 1.62mg (10.79%), Vitamin B6: 0.21mg (10.48%), Vitamin B2: 0.15mg (8.94%), Zinc: 1.28mg (8.56%), Vitamin B3: 1.65mg (8.26%), Vitamin B5: 0.63mg (6.27%), Vitamin D: 0.21µg (1.37%)