



HEALTH SCORE

66%

Deconstructed Arrabbiata



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 to 4 basil leaves fresh
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 2 fresno chile peppers italian
- ☐ 1 clove made into a paste finely grated
- ☐ 2 cloves made into a paste grated
- ☐ 0.3 cup evoo
- ☐ 4 servings evoo for drizzling
- ☐ 1 cup flat-leaf parsley leaves fresh

- ☐ 1 cup basil leaves fresh
- ☐ 1 clove garlic very finely chopped
- ☐ 4 tablespoons harissa
- ☐ 4 servings nutmeg freshly grated
- ☐ 0.5 onion
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 4 servings parmigiano-reggiano grated shaved
- ☐ 0.3 cup pinenuts chopped
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings sea salt
- ☐ 4 servings sea salt and pepper freshly ground
- ☐ 1 pound pasta like spaghetti
- ☐ 1 pinch sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ cutting board

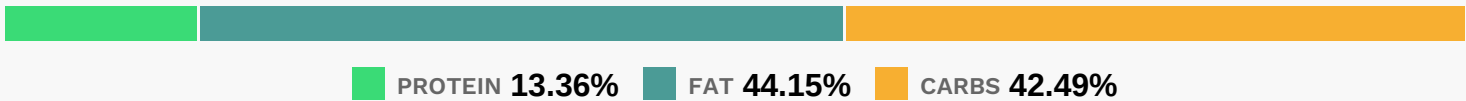
Directions

- ☐ Put the tomatoes and their juice in the bowl of a food processor. Grate 3 to 4 tablespoons of the onion directly into the food processor so the juice falls into the tomatoes.
- ☐ Add the sugar, basil, garlic and a liberal drizzle of EVOO (about 1 tablespoon), and season with sea salt and pepper. Whizz the mixture up until it's pureed, then transfer it to a small pot. Bring to a simmer over medium-low heat and cook 20 to 30 minutes. (If you're not serving the sauce immediately, cool and then refrigerate it. Any leftovers are delicious on spaghetti with butter and cheese for a more simple supper another night. It also freezes well if you want to

make a double or triple batch.) Rinse out the food processor and return the bowl to the base. For the chile paste: Finely chop the chiles (remove the seeds if you want to curb their heat a little).

- ☐ Sprinkle some sea salt over the chiles on the cutting board, then mash in the garlic to form a paste.
- ☐ Mix with the harissa in a small container. Cover and store in the refrigerator. For the pesto: Lightly toast the pine nuts in a small skillet.
- ☐ Let cool completely.
- ☐ Combine the pine nuts, basil, parsley, EVOO, cheese and garlic in the food processor. Season with salt, pepper and a few grates of nutmeg. Pulse until the mixture is well blended, then transfer to a small container. Cover and store in the refrigerator. (The pesto freezes well, so double or triple the batch if you like.) To serve, bring the sauces to room temperature. Reserve one-third of the chile for other uses. Bring a pot of salted water to a boil, then cook the spaghetti until al dente. Reserve 1 cup cooking liquid, then drain the pasta. Meanwhile, reheat the tomato sauce in a small pot over medium-low heat.
- ☐ Put the pasta in a serving bowl, douse with the reserved cooking water and stir in all of the tomato sauce and half of the pesto.
- ☐ Drizzle with EVOO and add 1 tablespoon of the chile sauce at a time, adjusting it to your preferred level of heat. Toss vigorously to combine.
- ☐ Serve with lots of cheese and the remaining chile paste and pesto sauce for stirring in to each person's taste. Finish with another drizzle of EVOO.

Nutrition Facts



Properties

Glycemic Index:167.52, Glycemic Load:40.39, Inflammation Score:-10, Nutrition Score:43.624782593354%

Flavonoids

Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 1023.35kcal (51.17%), Fat: 51.03g (78.51%), Saturated Fat: 12.08g (75.53%), Carbohydrates: 110.51g (36.84%), Net Carbohydrates: 100.8g (36.65%), Sugar: 17.16g (19.07%), Cholesterol: 26.07mg (8.69%), Sodium: 1899.47mg (82.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.75g (69.51%), Vitamin K: 311.46µg (296.63%), Manganese: 2.39mg (119.42%), Selenium: 82.12µg (117.31%), Vitamin C: 75.45mg (91.46%), Phosphorus: 632.66mg (63.27%), Calcium: 593.93mg (59.39%), Vitamin E: 8.69mg (57.96%), Vitamin A: 2643.65IU (52.87%), Copper: 0.94mg (47.08%), Magnesium: 161.94mg (40.49%), Fiber: 9.71g (38.84%), Iron: 6.62mg (36.8%), Vitamin B6: 0.69mg (34.66%), Potassium: 1181.74mg (33.76%), Vitamin B3: 5.65mg (28.27%), Zinc: 4.12mg (27.49%), Vitamin B1: 0.36mg (23.79%), Folate: 89.67µg (22.42%), Vitamin B2: 0.37mg (22.03%), Vitamin B5: 1.38mg (13.83%), Vitamin B12: 0.46µg (7.68%), Vitamin D: 0.19µg (1.28%)