



Dinner Tonight: Babbo's Sun Gold Tomato Pasta



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 pints cherry tomatoes whole
- ☐ 0.5 bunch chives cut into 1-inch lengths
- ☐ 4 cloves garlic thinly sliced
- ☐ 12 herbs like: thym fresh thinly sliced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 pound pasta like spaghetti (bavette, linguine, spaghetti, just any kind)
- ☐ 2 tablespoons salt

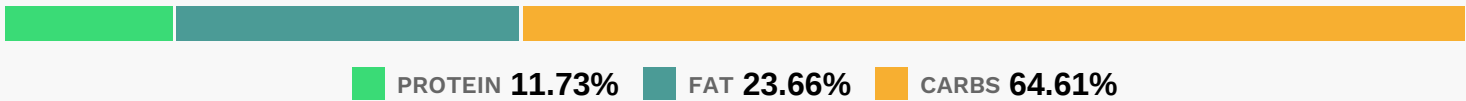
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salty water to boil. Cook the pasta until al dente, reserving some pasta water.
- ☐ In the meantime, heat a large skillet or sauté pan with the olive oil over medium-high heat.
- ☐ Add the garlic and cook, stirring constantly, until it softens and just begins to brown.
- ☐ Add the tomatoes, chives, and basil (reserve some for sprinkling at the end) and cook until the tomatoes just begin to burst.
- ☐ Add the cooked pasta to the skillet and cook over high heat, stirring, for an additional minute to marry the flavors. Moisten with olive oil or pasta water as desired; serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:34.33, Inflammation Score:-8, Nutrition Score:23.34347809916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 587.53kcal (29.38%), Fat: 15.5g (23.84%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 95.21g (31.74%), Net Carbohydrates: 89.83g (32.66%), Sugar: 8.96g (9.96%), Cholesterol: 0mg (0%), Sodium: 3521.89mg (153.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.56%), Selenium: 73.29µg (104.71%), Manganese: 1.36mg (68.15%), Vitamin C: 55.38mg (67.13%), Phosphorus: 286.12mg (28.61%), Copper: 0.52mg (26.11%), Vitamin A: 1242.25IU (24.85%), Vitamin E: 3.41mg (22.71%), Potassium: 786.54mg (22.47%), Fiber: 5.38g (21.52%), Magnesium: 83.21mg (20.8%), Vitamin K: 20.96µg (19.96%), Vitamin B6: 0.39mg (19.38%), Iron: 3.29mg (18.25%),

Vitamin B3: 3.22mg (16.11%), Zinc: 1.99mg (13.24%), Folate: 52.6µg (13.15%), Vitamin B1: 0.19mg (12.94%), Vitamin B5: 0.82mg (8.16%), Vitamin B2: 0.12mg (7.35%), Calcium: 60.15mg (6.01%)