



Eyeball pasta

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g cherry tomatoes
- ☐ 150 g baby mozzarella balls mini drained
- ☐ 1 handful basil
- ☐ 400 g tagliatelle green
- ☐ 350 g tomato sauce
- ☐ 4 tbsp basil pesto fresh

Equipment

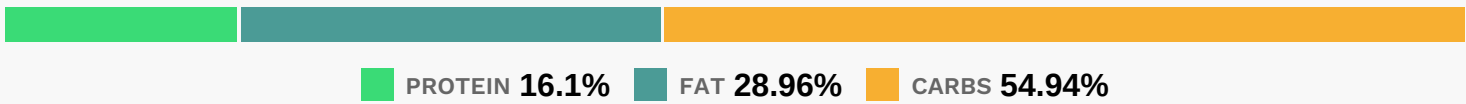
- ☐ bowl

☐ knife

Directions

- ☐ Halve the cherry tomatoes and use a small, sharp knife or a teaspoon to remove the seeds.
- ☐ Cut the mozzarella balls in half.
- ☐ Place one half inside each tomato, trimming the edges if necessary to fit it in. Either cut the smallest circles you can from a basil leaf or finely chop the leaves and scrunch into small circles.
- ☐ Place one at the centre of each mozzarella ball.
- ☐ Boil the pasta. Meanwhile, heat through the tomato sauce. When the tagliatelle is cooked, drain and stir through the pesto and any remaining basil, chopped finely. Divide between 4–6 serving bowls. Spoon over some tomato sauce, then arrange the stuffed tomato eyeballs on top.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:31.41, Inflammation Score:-7, Nutrition Score:18.969565142756%

Flavonoids

Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 561.41kcal (28.07%), Fat: 18.31g (28.17%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 78.13g (26.04%), Net Carbohydrates: 73.1g (26.58%), Sugar: 6.1g (6.78%), Cholesterol: 98.7mg (32.9%), Sodium: 605.4mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.79%), Selenium: 79.45µg (113.5%), Manganese: 0.98mg (49.03%), Phosphorus: 271.9mg (27.19%), Copper: 0.42mg (20.92%), Calcium: 208.95mg (20.89%), Fiber: 5.04g (20.14%), Magnesium: 73.69mg (18.42%), Vitamin A: 891.9IU (17.84%), Iron: 3.01mg (16.74%), Vitamin B6: 0.32mg (16.11%), Potassium: 559.85mg (16%), Vitamin B3: 3.1mg (15.52%), Vitamin C: 11.91mg (14.44%), Zinc: 2.15mg (14.34%), Vitamin B1: 0.2mg (13.34%), Vitamin B5: 1.22mg (12.16%), Vitamin E: 1.77mg (11.83%), Folate: 40.47µg (10.12%), Vitamin B2: 0.15mg (8.99%), Vitamin K: 5.72µg (5.45%), Vitamin B12: 0.29µg (4.83%), Vitamin D: 0.3µg (2%)