



## Fettuccine with Cherry Tomatoes and Watercress

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup thin- basil leaves fresh chopped
- 1 quart cherry tomatoes quartered
- 0.8 pound fettuccine barilla
- 2 cloves garlic smashed
- 0.3 teaspoon fresh-ground pepper black
- 6 tablespoons olive oil
- 0.8 teaspoon salt

5 cups watercress ( 10 ounces in all)

## Equipment

bowl

frying pan

pot

## Directions

In a large glass or stainless-steel bowl, toss the tomatoes with the garlic, oil, 1/2 teaspoon of the salt, the pepper, and basil. Set the mixture aside.

In a large pot of boiling, salted water, cook the fettuccine until just done, about 12 minutes.

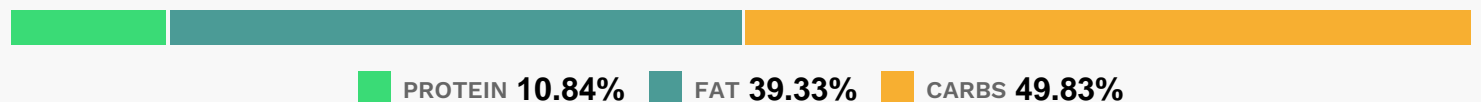
Drain, return to the hot pan, and toss with the tomato mixture, the watercress, and the remaining 1/4 teaspoon salt.

Variations

Serve the pasta with a little bit of goat cheese crumbled over the top.

Wine Recommendation: With its fresh tomatoes and peppery watercress, this pasta requires a crisp, light red to bring out its best. See if you can find a ros-like grignolino from the Piedmont region of Italy. If not, a Valpolicella or Bardolino, both from the Veneto, will do nicely.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:25.77, Inflammation Score:-10, Nutrition Score:31.610869729001%

## Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 9.93mg, Kaempferol: 9.93mg, Kaempferol: 9.93mg, Kaempferol: 9.93mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 14.45mg, Quercetin: 14.45mg, Quercetin: 14.45mg, Quercetin: 14.45mg

## Nutrients (% of daily need)

Calories: 564.74kcal (28.24%), Fat: 25.15g (38.69%), Saturated Fat: 3.96g (24.76%), Carbohydrates: 71.7g (23.9%), Net Carbohydrates: 66.71g (24.26%), Sugar: 7.65g (8.51%), Cholesterol: 71.44mg (23.81%), Sodium: 502.24mg (21.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Vitamin K: 249.17µg (237.31%), Vitamin C: 82.66mg (100.19%), Selenium: 68.81µg (98.3%), Vitamin A: 3198.44IU (63.97%), Manganese: 1.13mg (56.67%), Vitamin E: 5.15mg (34.32%), Phosphorus: 303.55mg (30.36%), Potassium: 913.06mg (26.09%), Copper: 0.48mg (24.02%), Vitamin B6: 0.45mg (22.56%), Iron: 3.93mg (21.85%), Magnesium: 83.9mg (20.97%), Fiber: 4.99g (19.94%), Vitamin B1: 0.28mg (18.51%), Folate: 70.71µg (17.68%), Vitamin B3: 3.24mg (16.2%), Zinc: 2.11mg (14.07%), Vitamin B5: 1.25mg (12.53%), Calcium: 120.89mg (12.09%), Vitamin B2: 0.19mg (11.11%), Vitamin B12: 0.25µg (4.11%), Vitamin D: 0.26µg (1.7%)