



WHATSheATE



Fettuccine with Seared Tomatoes, Spinach, and Burrata

READY IN



25 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups baby spinach fresh
- ☐ 4 servings pepper black freshly ground
- ☐ 4 ounces burrata cheese
- ☐ 14.5 ounce canned tomatoes unsalted diced undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 4 garlic clove thinly sliced
- ☐ 0.7 cup grape tomatoes halved (10 large)

- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon salt

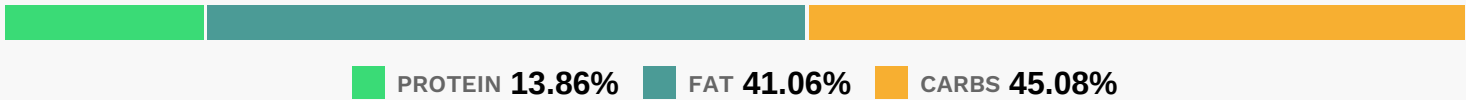
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ While pasta cooks, heat a large skillet over medium-high heat. Coat pan with cooking spray. Arrange tomato halves, cut sides down, in pan; cook 1 1/2 minutes or until seared. Stir tomatoes; cook 30 seconds.
- ☐ Remove tomatoes from pan; set aside.
- ☐ Reduce heat to low.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add red pepper and garlic; cook 2 minutes or until fragrant, stirring occasionally.
- ☐ Place canned tomatoes in a mini chopper or food processor; process until almost smooth.
- ☐ Add pureed tomatoes and salt to oil mixture; cook 8 minutes, stirring occasionally.
- ☐ Remove skillet from heat.
- ☐ Add spinach and cooked pasta; toss well until spinach wilts slightly. Arrange about 1 1/3 cups pasta mixture in each of 4 shallow bowls. Divide the seared grape tomato halves evenly among the servings. Dollop about 2 tablespoons burrata cheese over each serving, and sprinkle with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:19.71, Inflammation Score:-9, Nutrition Score:24.116521757582%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 429.02kcal (21.45%), Fat: 20.57g (31.64%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 46.05g (16.75%), Sugar: 6.37g (7.08%), Cholesterol: 67.76mg (22.59%), Sodium: 605.39mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.23%), Vitamin K: 123.03µg (117.18%), Selenium: 45.98µg (65.68%), Vitamin A: 2809.12IU (56.18%), Manganese: 0.97mg (48.46%), Vitamin C: 20.12mg (24.38%), Vitamin E: 3.65mg (24.32%), Calcium: 236.46mg (23.65%), Copper: 0.41mg (20.61%), Folate: 77.32µg (19.33%), Phosphorus: 191.64mg (19.16%), Vitamin B6: 0.38mg (19.02%), Fiber: 4.75g (18.99%), Magnesium: 75.06mg (18.77%), Potassium: 639.85mg (18.28%), Iron: 3.23mg (17.97%), Vitamin B3: 2.79mg (13.97%), Vitamin B1: 0.21mg (13.77%), Zinc: 1.57mg (10.47%), Vitamin B2: 0.16mg (9.2%), Vitamin B5: 0.86mg (8.6%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.17µg (1.13%)