



Fresh Corn & Sun Dried Tomato Angel Hair Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair thin
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoon flat parsley minced
- ☐ 3 clove garlic minced peeled
- ☐ 3 tablespoon olive oil
- ☐ 2 tablespoon oregano leaves fresh minced
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 6 servings freshly cracked pepper

- ☐ 6 servings salt as needed
- ☐ 1 slice shallots minced peeled
- ☐ 1 teaspoon sugar
- ☐ 3 ounce sun-dried tomatoes

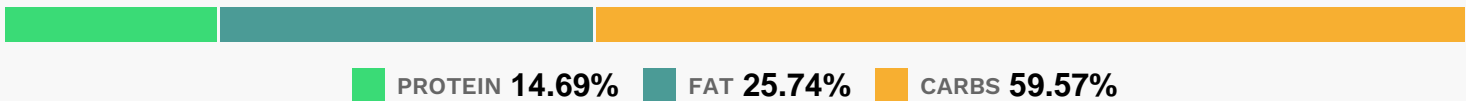
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cut the tomatoes into fine julienne and place them, along with the sugar in a small bowl.
- ☐ Pour in just enough hot water to cover. Set aside to hydrate until soft, about 30 minutes.
- ☐ Drain well, squeezing out excess liquid. You may skip this step if you choose oil packed or pre-marinated sun-dried tomatoes.Bring a large pot of water to a boil and add good amount of salt.
- ☐ Heat the olive oil in a large saute pan over medium-high heat until hot.
- ☐ Add the garlic and shallots; saute briefly until lightly colored.
- ☐ Add the oregano, corn, balsamic and about 1 cup of the pasta cooking water. Cook, uncovered, until the corn is just tender, about 2 minutes. Turn off the heat and add the tomatoes, half of the Parmesan, and 1 tablespoon of the parsley and toss well. Toss with more of the reserved cooking water, if necessary, to moisten.
- ☐ Pour the pasta into a warmed serving bowl, dust with a little more Parmesan, and scatter the remaining parsley on top, and give it a good grind of pepper. Pass the remaining Parmesan at the table.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:25.43, Inflammation Score:-9, Nutrition Score:18.772173925586%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 461.5kcal (23.08%), Fat: 13.32g (20.5%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 69.37g (23.12%), Net Carbohydrates: 64.39g (23.41%), Sugar: 8.53g (9.48%), Cholesterol: 14.5mg (4.83%), Sodium: 507.38mg (22.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.21%), Selenium: 54.69µg (78.13%), Manganese: 1.1mg (54.84%), Vitamin K: 43.09µg (41.04%), Phosphorus: 305.31mg (30.53%), Copper: 0.45mg (22.29%), Calcium: 211.39mg (21.14%), Potassium: 724.84mg (20.71%), Fiber: 4.98g (19.91%), Magnesium: 79.47mg (19.87%), Iron: 3.14mg (17.44%), Zinc: 2.15mg (14.34%), Vitamin B3: 2.69mg (13.44%), Vitamin B2: 0.18mg (10.84%), Vitamin B1: 0.15mg (10.31%), Vitamin B6: 0.21mg (10.3%), Vitamin E: 1.49mg (9.96%), Vitamin C: 7.85mg (9.51%), Vitamin A: 409.41IU (8.19%), Folate: 30.34µg (7.59%), Vitamin B5: 0.71mg (7.07%), Vitamin B12: 0.22µg (3.75%)