



Fresh Tomato, Basil, and Garlic Sauce over Angel Hair Pasta

READY IN



48 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound angel hair pasta dried
- ☐ 0.3 cup chiffonade basil whole for garnish
- ☐ 1 pinch chili flakes
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 3 garlic cloves thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 oregano sprig
- ☐ 0.3 cup parmesan grated plus more for garnish

- ☐ 1 onion red finely chopped
- ☐ 1 teaspoon sugar
- ☐ 2 pounds tomatoes ripe

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and prepare an ice water bath.
- ☐ Cut a small "x" on the bottom of each tomato. In batches, place the tomatoes in the boiling water and blanch them for about 30 seconds to 1 minute, or until the skins are easy to peel away.
- ☐ Remove and immediately plunge into the ice bath. Peel the tomatoes and halve horizontally. Squeeze out the seeds, using your fingers to get them all. Roughly chop the peeled and seeded tomatoes. Set aside. (You can also use whole peeled canned tomatoes. Simply drain them, seed, and roughly chop).
- ☐ Heat a large saute pan over medium high heat.
- ☐ Add the olive oil and heat. When the oil is hot, add the onions and garlic and saute for 2 minutes.
- ☐ Add the thyme leaves, oregano sprig, and chili flakes and saute until the garlic begins to turn golden brown.
- ☐ Add the tomatoes and the sugar and stir well. Lower the heat and cook slowly until the mixture is fairly dry, about 15 minutes.
- ☐ Cook the angel hair pasta in boiling, salted water until al dente.
- ☐ Drain the pasta and add it to the sauce.
- ☐ Add the Parmesan and basil and toss well.
- ☐ Place in a large pasta bowl and garnish with Parmesan and basil sprigs.

Nutrition Facts



 **PROTEIN 13.03%**  **FAT 21.47%**  **CARBS 65.5%**

Properties

Glycemic Index:59.02, Glycemic Load:25.32, Inflammation Score:-9, Nutrition Score:16.813478436807%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 399.93kcal (20%), Fat: 9.58g (14.74%), Saturated Fat: 1.92g (12%), Carbohydrates: 65.77g (21.92%), Net Carbohydrates: 60.94g (22.16%), Sugar: 7.5g (8.33%), Cholesterol: 2.83mg (0.94%), Sodium: 80.44mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Selenium: 49.04µg (70.05%), Manganese: 0.96mg (47.77%), Vitamin C: 24.59mg (29.81%), Vitamin A: 1408.47IU (28.17%), Phosphorus: 217.79mg (21.78%), Vitamin K: 21.61µg (20.58%), Fiber: 4.83g (19.33%), Copper: 0.33mg (16.61%), Potassium: 576.1mg (16.46%), Magnesium: 63.72mg (15.93%), Vitamin B6: 0.28mg (14.02%), Vitamin E: 1.97mg (13.11%), Vitamin B3: 2.27mg (11.33%), Folate: 41.71µg (10.43%), Iron: 1.83mg (10.16%), Zinc: 1.52mg (10.14%), Calcium: 96.55mg (9.65%), Vitamin B1: 0.14mg (9.22%), Vitamin B2: 0.1mg (6%), Vitamin B5: 0.52mg (5.19%)