

food
network



HEALTH SCORE

89%

Green Pasta



Vegetarian



Dairy Free



Very Healthy

READY IN

**135 min.**

SERVINGS

**3**

CALORIES

**1116 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 medium carrots shredded finely
- ☐ 4 extra large eggs
- ☐ 4 tablespoons thyme leaves dried fresh (or 2 tablespoons)
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.5 teaspoon olive oil
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 3 servings salt to taste
- ☐ 6 ounces pkt spinach frozen dry chopped

- ☐ 56 ounce tomatoes mixed with their juices crushed well canned
- ☐ 3.5 cups unbleached flour for dusting all-purpose
- ☐ 6 tablespoons virgin olive oil

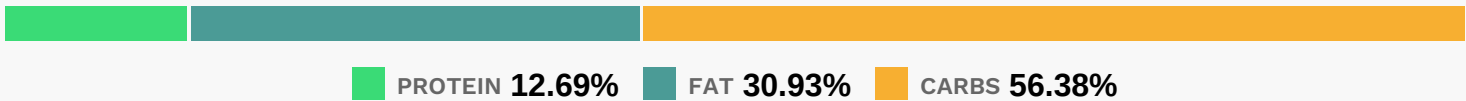
Equipment

- ☐ cutting board

Directions

- ☐ Make a mound of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs, oil and spinach. Using a fork, beat together the eggs, oil and spinach and begin to incorporate the flour starting with the inner rim of the well.
- ☐ As you expand the well, keep pushing the flour up to retain the well shape. Do not worry that this initial phase looks messy. The dough will come together when 1/2 of the flour is incorporated.
- ☐ Start kneading the dough with both hands, using the palms of your hands primarily. Once you have a cohesive mass, remove the dough from the board and scrape up any left over crusty bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board when necessary. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature. Note: do not skip the kneading or resting portion of this recipe, they are essential for a light pasta.
- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:72.28, Glycemic Load:92.8, Inflammation Score:-10, Nutrition Score:66.486521803814%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 1116.32kcal (55.82%), Fat: 39.48g (60.74%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 161.92g (53.97%), Net Carbohydrates: 143.32g (52.12%), Sugar: 26.49g (29.43%), Cholesterol: 277.76mg (92.59%), Sodium: 1055.89mg (45.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.9%), Vitamin K: 349.88µg (333.22%), Vitamin A: 10091.69IU (201.83%), Manganese: 2.93mg (146.59%), Iron: 22.95mg (127.52%), Folate: 476.61µg (119.15%), Selenium: 79.94µg (114.21%), Vitamin B1: 1.68mg (112.25%), Vitamin E: 13.74mg (91.57%), Vitamin B2: 1.51mg (88.55%), Vitamin B3: 15.85mg (79.27%), Fiber: 18.6g (74.41%), Vitamin C: 59.03mg (71.55%), Copper: 1.39mg (69.53%), Potassium: 2151.64mg (61.48%), Vitamin B6: 1.22mg (60.97%), Phosphorus: 533.5mg (53.35%), Magnesium: 207.03mg (51.76%), Calcium: 436.99mg (43.7%), Vitamin B5: 3.4mg (34.05%), Zinc: 4.19mg (27.96%), Vitamin B12: 0.66µg (11.08%), Vitamin D: 1.49µg (9.96%)