



Heirloom Tomato and Herb Pappardelle

READY IN



45 min.

SERVINGS



6

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 garlic clove thinly sliced
- ☐ 4 pounds heirloom tomatoes seeded cut into 1/2-inch pieces
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 12 ounces pappardelle uncooked (wide ribbon pasta)

- ☐ 2 ounces pecorino cheese shaved
- ☐ 2 cups shallots thinly sliced (2 large)

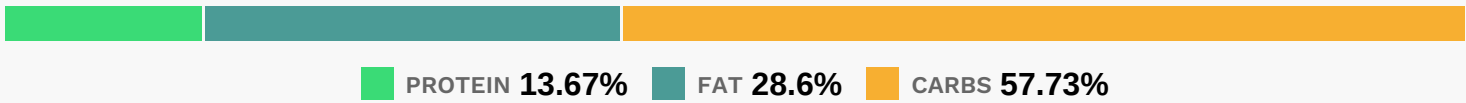
Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta cooks, heat 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots to pan; saut 5 minutes, stirring occasionally.
- ☐ Add garlic; saut 2 minutes. Reduce heat to medium.
- ☐ Add oregano and next 5 ingredients (through tomatoes); cook 2 minutes or until thoroughly heated. Arrange 1 cup pasta onto each of 6 plates. Top each serving with about 1 1/3 cups tomato mixture; drizzle with 1 teaspoon remaining oil. Divide cheese evenly among servings.
- ☐ Wine note: The burst of fresh tomato flavor in this pasta dish calls for a super fresh, snappy wine. Pinot grigio fills the bill. Choose one from the Alpine region of northern Italy called the Alto Adige. The cool climate results in the best, impeccably fresh pinot grigios in Italy. My favorite producer: J. Hofsttter. The 2007 is about \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:23.61, Inflammation Score:-10, Nutrition Score:26.607826201812%

Flavonoids

Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg, Naringenin: 2.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 451.39kcal (22.57%), Fat: 14.81g (22.79%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 67.28g (22.43%), Net Carbohydrates: 58.72g (21.35%), Sugar: 15.35g (17.06%), Cholesterol: 57.46mg (19.15%), Sodium: 538.3mg (23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.85%), Selenium: 47.33µg (67.61%), Vitamin C: 49.45mg (59.95%), Manganese: 1.17mg (58.54%), Vitamin A: 2644.39IU (52.89%), Fiber: 8.56g (34.24%), Vitamin K: 35.92µg (34.21%), Vitamin B6: 0.68mg (34.05%), Phosphorus: 333.64mg (33.36%), Potassium: 1151.74mg (32.91%), Folate: 91.68µg (22.92%), Magnesium: 90.73mg (22.68%), Vitamin E: 3.35mg (22.32%), Copper: 0.44mg (21.83%), Calcium: 200.61mg (20.06%), Iron: 3.44mg (19.12%), Vitamin B1: 0.27mg (17.67%), Vitamin B3: 3.22mg (16.09%), Zinc: 2.22mg (14.82%), Vitamin B5: 1.08mg (10.8%), Vitamin B2: 0.17mg (9.96%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.22µg (1.45%)