



Hot as a Mutha Pasta

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings kosher salt and pepper black freshly ground
- 1.5 cups olive oil
- 8 servings parmesan grated for garnish
- 1 pound habanero peppers whole sliced roughly chopped for garnish
- 1 shallots roughly chopped
- 1 pound pasta like spaghetti thin
- 1 onion white roughly chopped

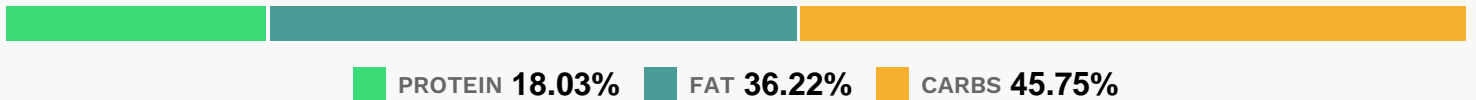
Equipment

- food processor
- sauce pan
- pot

Directions

- In a food processor, combine the peppers, onions, shallots and olive oil and blend until smooth.
- Pour the mixture into a saucepan and reduce the sauce over low heat for 15 to 25 minutes. Then bring a large pot of lightly salted water to a boil.
- Mix in the spaghetti and cook until al dente, 8 to 10 minutes.
- Drain the pasta and toss with the sauce.
- Garnish with Parmesan, sliced habanero peppers and a whole habanero on top!
- Add more habanero peppers for a hotter sauce.
- This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:17.87, Inflammation Score:-6, Nutrition Score:15.870869595072%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 418.9kcal (20.94%), Fat: 16.82g (25.88%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 47.81g (15.94%), Net Carbohydrates: 44.67g (16.24%), Sugar: 3.94g (4.38%), Cholesterol: 20.4mg (6.8%), Sodium: 486.81mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.69%), Selenium: 42.69µg (60.99%), Vitamin C: 46.85mg (56.79%), Calcium: 377.62mg (37.76%), Phosphorus: 332.72mg (33.27%), Manganese: 0.63mg (31.74%),

Vitamin B6: 0.26mg (13.12%), Magnesium: 51.12mg (12.78%), Fiber: 3.14g (12.55%), Zinc: 1.74mg (11.57%), Copper: 0.22mg (11.02%), Vitamin E: 1.51mg (10.06%), Vitamin K: 9.88µg (9.41%), Vitamin B2: 0.15mg (9.06%), Vitamin A: 445.03IU (8.9%), Potassium: 285.18mg (8.15%), Iron: 1.3mg (7.21%), Vitamin B1: 0.1mg (6.89%), Vitamin B3: 1.34mg (6.7%), Vitamin B12: 0.36µg (6%), Folate: 21.67µg (5.42%), Vitamin B5: 0.46mg (4.64%)