



Linguine with Baby Heirloom Tomatoes and Anchovy Breadcrumbs

READY IN



35 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 fillet anchovy with 1 teaspoon oil from can mashed
- ☐ 1 cup bread fresh crustless
- ☐ 1 pound heirloom tomatoes
- ☐ 1 cup basil fresh thinly sliced
- ☐ 3 garlic clove divided pressed
- ☐ 8 ounces pasta
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup parmesan cheese freshly grated

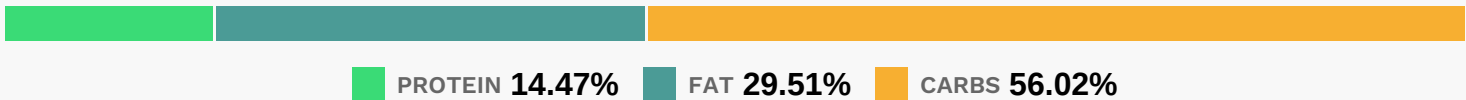
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook linguine until just tender but firm to bite.
- ☐ Drain, reserving 1 cup cooking liquid.
- ☐ Heat 1 1/2 tablespoons olive oil in large nonstick skillet over medium heat.
- ☐ Add anchovies and 2 garlic cloves, then breadcrumbs. Cook breadcrumbs until golden, tossing to distribute evenly, about 5 minutes. Scrape crumbs onto plate and cool.
- ☐ Heat remaining 1 1/2 tablespoons oil in same skillet over medium heat.
- ☐ Add tomatoes and remaining garlic clove. Cover; cook until tomatoes begin to breakdown, 3 to 4 minutes. Using fork, crush 1/4 of tomatoes.
- ☐ Add pasta, basil, cheese, and 1/2 cup reserved cooking liquid to tomatoes. Toss, adding more liquid if dry.
- ☐ Mix in half of crumbs. Season pasta with salt and pepper.
- ☐ Transfer pasta to large shallow bowl; top with remaining breadcrumbs and serve.
- ☐ To make coarse fresh breadcrumbs, trim the crust off slices of (fresh or stale) country bread. Tear the bread into chunks, then grind it in the processor until coarse crumbs are formed.
- ☐ Per serving: 531 calories, 19 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:33.53, Inflammation Score:-8, Nutrition Score:23.858260720968%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 550.87kcal (27.54%), Fat: 18.1g (27.85%), Saturated Fat: 4.07g (25.43%), Carbohydrates: 77.3g (25.77%), Net Carbohydrates: 71.61g (26.04%), Sugar: 7.93g (8.82%), Cholesterol: 14.48mg (4.82%), Sodium: 514.66mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.95%), Selenium: 59.77µg (85.39%), Manganese: 1.48mg (73.78%), Vitamin K: 43.39µg (41.32%), Phosphorus: 307.17mg (30.72%), Vitamin B3: 5.86mg (29.32%), Vitamin A: 1373.62IU (27.47%), Vitamin B1: 0.35mg (23.29%), Calcium: 231.3mg (23.13%), Fiber: 5.68g (22.74%), Vitamin C: 17.44mg (21.13%), Folate: 82.93µg (20.73%), Iron: 3.71mg (20.62%), Magnesium: 78.01mg (19.5%), Copper: 0.37mg (18.29%), Vitamin E: 2.45mg (16.31%), Vitamin B2: 0.27mg (15.89%), Potassium: 551.4mg (15.75%), Zinc: 2.33mg (15.51%), Vitamin B6: 0.29mg (14.64%), Vitamin B5: 0.94mg (9.36%), Vitamin B12: 0.21µg (3.43%)