



Mediterranean Summer Pasta with Salsa Cruda

READY IN



60 min.

SERVINGS



4

CALORIES



633 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces angel hair pasta
- 2 tablespoons capers
- 2 tablespoons mint leaves fresh chopped
- 1 clove garlic smashed
- 4 servings kosher salt and freshly cracked pepper
- 0.3 cup olive oil
- 0.5 cup flavorful olives pitted chopped
- 1 teaspoon orange zest

- 4 servings parmesan for grating
- 1 teaspoon pepper flakes red
- 2 tomatoes ripe seeded chopped

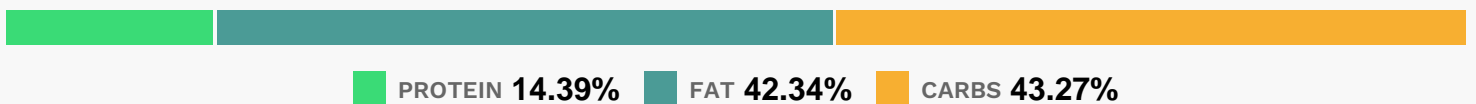
Equipment

- bowl

Directions

- Watch how to make this recipe.
- In a large pasta serving bowl, mix together the olives, tomatoes, mint, capers, garlic, red pepper flakes, orange zest and olive oil. Season with salt and freshly cracked pepper. Stir and lightly press the ingredients with the back of the spoon to incorporate flavors.
- Let sit for at least 30 minutes, or up to a day.
- Just before serving, cook the angel hair pasta in salted boiling water according to package instructions.
- Remove the garlic clove from the pasta sauce.
- Drain the pasta and while still steaming hot, place the pasta on top of the cold sauce.
- Let sit for a minute before tossing the pasta. Top with grated Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:26.49, Inflammation Score:-8, Nutrition Score:19.157825884612%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 633.47kcal (31.67%), Fat: 29.87g (45.96%), Saturated Fat: 8.03g (50.19%), Carbohydrates: 68.7g (22.9%), Net Carbohydrates: 64.11g (23.31%), Sugar: 4.28g (4.75%), Cholesterol: 20.4mg (6.8%), Sodium: 1066.06mg (46.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.68%), Selenium: 60.91µg (87.02%), Manganese: 0.91mg (45.5%), Calcium: 399.77mg (39.98%), Phosphorus: 389.35mg (38.94%), Vitamin E: 3.95mg (26.36%), Vitamin A: 1075.05IU (21.5%), Fiber: 4.59g (18.35%), Magnesium: 71.26mg (17.82%), Vitamin K: 18.05µg (17.19%), Copper: 0.34mg (17.15%), Zinc: 2.21mg (14.72%), Vitamin C: 10.31mg (12.5%), Potassium: 399.96mg (11.43%), Vitamin B6: 0.23mg (11.36%), Iron: 2mg (11.11%), Vitamin B2: 0.18mg (10.69%), Vitamin B3: 2.07mg (10.34%), Vitamin B1: 0.12mg (8.04%), Folate: 31.22µg (7.81%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.58mg (5.82%)