



Mozzarella Arrabiata Salsa



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 rib celery stalks finely chopped
- ☐ 2 tablespoons celery leaves chopped
- ☐ 1 pound mozzarella fresh chopped
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pickled cherry peppers fresh hot stemmed chopped
- ☐ 0.3 teaspoon pepper red hot
- ☐ 2 pounds tomatoes divided

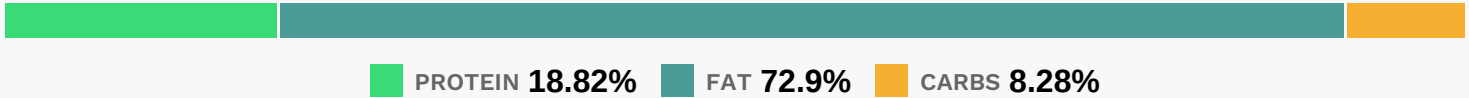
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Halve 1 pound tomatoes, then purée with cherry pepper (if using), red pepper flakes, oil, and 1/2 teaspoon salt in a blender until smooth.
- ☐ Finely chop remaining tomatoes and combine with celery and tomato purée in a large bowl.
- ☐ Toss hot capellini with tomato sauce and mozzarella.
- ☐ Serve sprinkled with celery leaves.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:14.410869536193%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 379.97kcal (19%), Fat: 31.22g (48.03%), Saturated Fat: 11.92g (74.51%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 5.93g (2.16%), Sugar: 4.83g (5.37%), Cholesterol: 59.72mg (19.91%), Sodium: 530.41mg (23.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.27%), Calcium: 399.35mg (39.93%), Vitamin A: 1818.11IU (36.36%), Phosphorus: 305.38mg (30.54%), Vitamin B12: 1.72µg (28.73%), Vitamin C: 20.87mg (25.3%), Vitamin K: 23.69µg (22.56%), Vitamin E: 3.02mg (20.14%), Selenium: 12.89µg (18.41%), Zinc: 2.47mg (16.5%), Vitamin B2: 0.25mg (14.49%), Potassium: 430.81mg (12.31%), Manganese: 0.2mg (10.09%), Fiber: 2.05g (8.2%), Magnesium: 32.44mg (8.11%), Vitamin B6: 0.15mg (7.72%), Folate: 29.83µg (7.46%), Vitamin B1: 0.08mg (5.33%), Vitamin B3: 1mg (5.01%), Copper: 0.1mg (5.01%), Iron: 0.84mg (4.69%), Vitamin B5: 0.25mg (2.54%), Vitamin D: 0.3µg (2.02%)