






 **58%**
HEALTH SCORE

Orecchiette with Cherry Tomatoes, Marjoram, and Ricotta Salata

 Vegetarian

READY IN

45 min.

SERVINGS

6

CALORIES

678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 garlic cloves minced
- 2 tbsp olive oil extra-virgin
- 2 pounds orecchiette homemade
- 2 tablespoons oregano leaves fresh
- 1 tsp chile flakes dried whole red chopped
- 4 ounces pecorino crumbled
- 6 servings sea salt

2 pts cherry tomatoes mixed red yellow halved

1 medium onion diced yellow finely

Equipment

bowl

frying pan

pot

Directions

Bring a large pot of water to a boil and salt generously.

Heat a large frying pan over medium heat; swirl in 2 tbsp. oil.

Add onion and a pinch of salt. Cook until tender, stirring occasionally, about 20 minutes. It's okay if onion picks up color, but don't let it burn; add a splash of water if you need to. Stir in chile and garlic; cook 1 minute.

Add half of tomatoes and cook until jammy, stirring often, about 10 minutes. "

Let them cook until they collapse and start making syrupy bubbles," says Nosrat.

Boil orecchiette until tender to the bite, 7 to 10 minutes if fresh, 15 to 20 if dried.

Scoop out pasta and add to pan, along with remaining tomatoes and half of marjoram. If pasta looks dry, add a little oil and pasta water. If you like, stir in some ricotta salata. Spoon into bowls and top with ricotta and remaining marjoram.

*Because store-bought pasta is thinner than homemade, you get more pieces per pound.

Nutrition Facts



PROTEIN 14.1% **FAT 12.95%** **CARBS 72.95%**

Properties

Glycemic Index:21.83, Glycemic Load:46.03, Inflammation Score:-10, Nutrition Score:24.479565304259%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 677.65kcal (33.88%), Fat: 9.72g (14.95%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 123.16g (41.05%), Net Carbohydrates: 116.06g (42.2%), Sugar: 8.89g (9.88%), Cholesterol: 9.64mg (3.21%), Sodium: 242.97mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.61%), Selenium: 99.46µg (142.09%), Manganese: 1.68mg (84.15%), Vitamin C: 37.67mg (45.66%), Phosphorus: 370.1mg (37.01%), Copper: 0.58mg (29.17%), Fiber: 7.1g (28.4%), Magnesium: 103.49mg (25.87%), Potassium: 759.22mg (21.69%), Iron: 3.86mg (21.47%), Vitamin B6: 0.41mg (20.31%), Vitamin A: 983.02IU (19.66%), Vitamin B3: 3.57mg (17.87%), Zinc: 2.67mg (17.83%), Vitamin K: 18.39µg (17.51%), Vitamin E: 2.18mg (14.52%), Folate: 57.54µg (14.39%), Vitamin B1: 0.21mg (13.97%), Calcium: 122.13mg (12.21%), Vitamin B2: 0.18mg (10.6%), Vitamin B5: 0.94mg (9.42%), Vitamin B12: 0.06µg (1.07%)