



Orecchiette with Fresh Mozzarella, Grape Tomatoes, and Garlic Chives

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons chives fresh minced
- ☐ 1 pound mozzarella fresh diced
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 10 ounces orecchiette ear-shaped uncooked (little pasta; 3 cups)
- ☐ 2 tablespoons oregano fresh minced
- ☐ 1 pound grape tomatoes assorted halved
- ☐ 3 tablespoons balsamic vinegar white

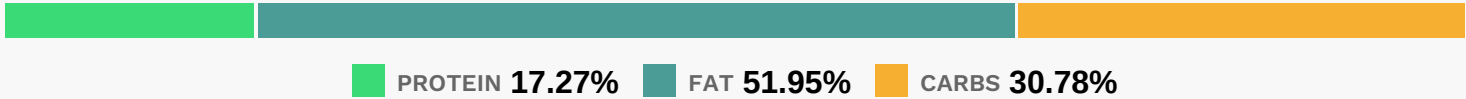
Equipment

☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain; return pastato pot.
- ☐ Add mozzarella; stir until cheese begins to melt, about 30 seconds.
- ☐ Add tomatoes and all remaining ingredients; toss to blend evenly. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:16.12, Inflammation Score:-9, Nutrition Score:18.226087072621%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 551.37kcal (27.57%), Fat: 31.84g (48.99%), Saturated Fat: 12.05g (75.34%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 39.29g (14.29%), Sugar: 5.32g (5.91%), Cholesterol: 59.72mg (19.91%), Sodium: 483.2mg (21.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.83g (47.65%), Selenium: 42.8µg (61.15%), Calcium: 429.55mg (42.96%), Phosphorus: 379.92mg (37.99%), Manganese: 0.64mg (32.07%), Vitamin B12: 1.72µg (28.73%), Vitamin K: 29.74µg (28.33%), Vitamin A: 1234.43IU (24.69%), Zinc: 3.06mg (20.41%), Vitamin E: 2.93mg (19.52%), Vitamin B2: 0.27mg (15.72%), Vitamin C: 11.27mg (13.66%), Magnesium: 54.57mg (13.64%), Fiber: 3.16g (12.66%), Potassium: 376.53mg (10.76%), Iron: 1.92mg (10.69%), Copper: 0.2mg (10.22%), Vitamin B6: 0.17mg (8.75%), Folate: 30.66µg (7.67%), Vitamin B3: 1.42mg (7.09%), Vitamin B1: 0.1mg (6.49%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.3µg (2.02%)