



 **54%**
HEALTH SCORE

Pasta à la Checca

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arugula fresh
- 2 garlic clove peeled finely chopped
- 4 servings pepper black freshly ground to taste
- 4 tablespoons olive oil extra virgin extra-virgin
- 8 ounces pasta like spaghetti thin
- 2 pints cherry tomatoes red yellow (such as orange, , and teardrop varieties)

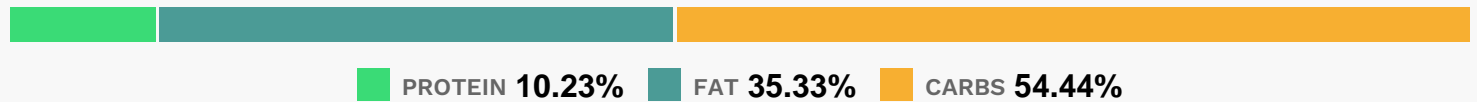
Equipment

- bowl

Directions

- Cook the pasta until al dente.
- Meanwhile, in a large bowl, squeeze the tomatoes to break them up (it's faster than chopping, and your kid will likely love joining in).
- Add the garlic, oil, arugula (if using), salt, and pepper; set aside.
- Drain the pasta (reserving 1/2 cup of the water) and toss it with the tomatoes. If the pasta is still a little dry, add some of the cooking water.
- Let sit until the heat from the pasta has cooked the tomatoes and garlic slightly and wilted the arugula, 1 to 2 minutes.
- Serve warm or at room temperature.
- Per serving: 357 calories, 15g fat (2g saturated), 0mg cholesterol, 13mg sodium, 48g carbohydrates, 4g fiber, 9g protein
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:17.2, Inflammation Score:-8, Nutrition Score:17.238695766615%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 380.44kcal (19.02%), Fat: 15.16g (23.32%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 48.96g (17.8%), Sugar: 7.52g (8.36%), Cholesterol: 0mg (0%), Sodium: 31.33mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.75%), Vitamin C: 55.16mg (66.86%), Selenium: 37.25µg (53.21%), Manganese: 0.82mg (41.11%), Vitamin A: 1276.25IU (25.52%), Vitamin E: 3.43mg (22.85%), Vitamin

K: 20.75µg (19.76%), Potassium: 668.13mg (19.09%), Phosphorus: 178.46mg (17.85%), Copper: 0.35mg (17.55%), Vitamin B6: 0.29mg (14.5%), Fiber: 3.61g (14.43%), Iron: 2.53mg (14.07%), Magnesium: 54.24mg (13.56%), Folate: 45.87µg (11.47%), Vitamin B3: 2.25mg (11.25%), Vitamin B1: 0.14mg (9.43%), Zinc: 1.17mg (7.82%), Vitamin B5: 0.58mg (5.82%), Vitamin B2: 0.09mg (5.42%), Calcium: 49.23mg (4.92%)