



WHATSheATE



Pasta Tunisiano

READY IN



30 min.

SERVINGS



6

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 basil leaves fresh
- ☐ 0.3 pound mozzarella cheese fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 0.3 cup harissa
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons parmesan grated
- ☐ 1 pound rigatoni
- ☐ 6 servings salt
- ☐ 0.5 cup tomato sauce

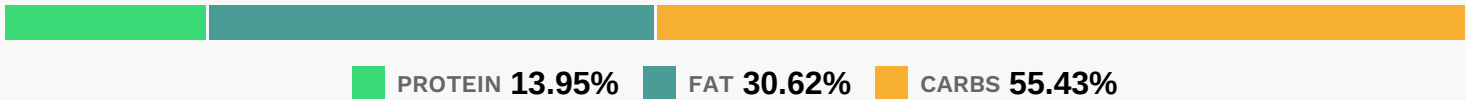
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of heavily salted water to a boil. It should taste like sea water! Cook the pasta until al dente, 8 to 10 minutes.
- ☐ Meanwhile, heat a large saute pan over medium heat.
- ☐ Add the olive oil and garlic. Sweat in the pan for 2 to 3 minutes.
- ☐ Add the harissa and cook for 2 more minutes.
- ☐ Add the tomato sauce and cook an 2 additional minutes.
- ☐ Remove the pasta from the pot and add to the saute pan.
- ☐ Add the mozzarella, Parmesan and basil and toss well. Taste for seasoning and serve.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:23.3, Inflammation Score:-5, Nutrition Score:12.819130423276%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 440.71kcal (22.04%), Fat: 14.9g (22.92%), Saturated Fat: 4.23g (26.41%), Carbohydrates: 60.71g (20.24%), Net Carbohydrates: 57.67g (20.97%), Sugar: 4.48g (4.98%), Cholesterol: 16.06mg (5.35%), Sodium: 593.15mg (25.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Selenium: 51.81µg (74.01%), Manganese: 0.75mg (37.42%), Phosphorus: 235.04mg (23.5%), Calcium: 139.52mg (13.95%), Copper: 0.26mg (13.25%), Vitamin E: 1.94mg (12.9%), Magnesium: 49.6mg (12.4%), Fiber: 3.03g (12.13%), Zinc: 1.75mg (11.64%), Vitamin B6: 0.17mg (8.56%), Vitamin B3: 1.71mg (8.53%), Potassium: 293.86mg (8.4%), Vitamin K: 8.8µg (8.38%), Iron: 1.45mg (8.08%), Vitamin B12: 0.45µg (7.52%), Vitamin B2: 0.13mg (7.49%), Vitamin A: 327.75IU (6.56%),

Vitamin B1: 0.09mg (6.15%), Folate: 18.22µg (4.56%), Vitamin C: 3.74mg (4.53%), Vitamin B5: 0.43mg (4.32%)