



Pasta with mozzarella, mint & fresh tomato sauce



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lemon zest
- ☐ 1 onion red very finely chopped
- ☐ 400 g pasta like spaghetti
- ☐ 6 tbsp olive oil extra-virgin for drizzling
- ☐ 4 tsp capers
- ☐ 1 chilli red deseeded finely chopped
- ☐ 1 pinch sugar

- ☐ 500 g cherry tomatoes red ripe quartered
- ☐ 1 bunch mint leaves
- ☐ 1 handful chives snipped

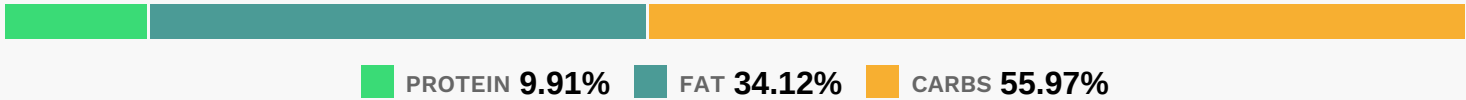
Equipment

- ☐ bowl

Directions

- ☐ Put the lemon juice and zest into a large bowl, tip in the onion, then season with salt and pepper. Set aside for 10 mins, to let the onion soften a little.
- ☐ Boil the spaghetti for 10 mins.
- ☐ Mix the oil, capers, chilli and sugar into the lemony onions, then season generously.
- ☐ When the pasta is ready, drain, toss with a splash of oil, then let cool awhile. Put into the bowl with the dressing, tip in the tomatoes and most of the herbs, then toss well. Tear in the mozzarella and toss ever so gently. Put into bowls, top with more herbs and drizzle with more oil to serve.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:31.14, Inflammation Score:-8, Nutrition Score:20.197825991589%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

Nutrients (% of daily need)

Calories: 597.77kcal (29.89%), Fat: 22.76g (35.02%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 84.02g (28.01%), Net Carbohydrates: 78.98g (28.72%), Sugar: 7.88g (8.76%), Cholesterol: 0mg (0%), Sodium: 78.1mg

(3.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Selenium: 64.06µg (91.52%), Vitamin C: 49.62mg (60.15%), Manganese: 1.12mg (56.09%), Vitamin E: 3.94mg (26.27%), Phosphorus: 238.5mg (23.85%), Copper: 0.42mg (21.09%), Fiber: 5.04g (20.16%), Vitamin K: 20.55µg (19.57%), Magnesium: 71.69mg (17.92%), Vitamin B6: 0.34mg (16.82%), Potassium: 583.94mg (16.68%), Vitamin A: 808.42IU (16.17%), Iron: 2.55mg (14.19%), Vitamin B3: 2.58mg (12.9%), Zinc: 1.69mg (11.25%), Folate: 44.91µg (11.23%), Vitamin B1: 0.16mg (10.57%), Vitamin B2: 0.11mg (6.61%), Vitamin B5: 0.66mg (6.61%), Calcium: 49.02mg (4.9%)