



 3%
HEALTH SCORE

Pasta with Raw Tomato & Lemon Infused Olive Oil

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 250 ml olive oil extra virgin
- 3 lemon zest
- 1 kilo canned tomatoes
- 8 servings pepper to taste
- 1 handful optional - few of cheese - we use sheep's milk freshly grated (sheep's milk cheese)

Equipment

- bowl

Directions

- A day or so before you would like to use the sauce combine lemon zest and oil in a bowl, cover and allow to sit out.
- The next day, strain out zest from oil and drizzle slowly into passed tomatoes as you constantly stir. When all the oil is incorporated, season with salt and pepper. Allow the sauce to sit once more for a bit to allow the flavors to come together.
- To serve: Give the sauce a good stir as it will have surely separated and toss with hot thin pasta and a sprinkle of grated aged pecorino (sheep's milk cheese) or parmesan.

Nutrition Facts

PROTEIN 1.21% **FAT 96.6%** **CARBS 2.19%**

Properties

Glycemic Index:8.13, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:4.2152173913043%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 268.89kcal (13.44%), Fat: 29.63g (45.58%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.24g (0.27%), Cholesterol: 3.34mg (1.11%), Sodium: 76.42mg (3.32%), Protein: 0.84g (1.67%), Vitamin E: 4.89mg (32.57%), Vitamin K: 19.36µg (18.44%), Vitamin A: 610.22IU (12.2%), Fiber: 0.94g (3.75%), Vitamin C: 2.93mg (3.55%), Vitamin B6: 0.06mg (3.09%), Vitamin B2: 0.05mg (3.08%), Iron: 0.55mg (3.05%), Calcium: 28.43mg (2.84%), Phosphorus: 18.95mg (1.89%), Manganese: 0.04mg (1.76%), Selenium: 0.99µg (1.41%), Vitamin B3: 0.28mg (1.4%), Zinc: 0.2mg (1.33%), Potassium: 45.58mg (1.3%), Copper: 0.02mg (1.17%), Vitamin B12: 0.06µg (1.06%), Magnesium: 4.06mg (1.01%)