





 **13%**
HEALTH SCORE

Pasta with Sun Gold Tomatoes

READY IN

45 min.

SERVINGS

2

CALORIES

458 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 2 servings breadcrumbs toasted (for garnish; optional)
- 8 ounces cherry tomatoes
- 8 medium basil fresh
- 8 medium basil fresh
- 2 garlic clove thinly sliced
- 2 servings kosher salt
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 0.8 cup pecorino cheese finely grated
- 0.3 teaspoon pepper red crushed

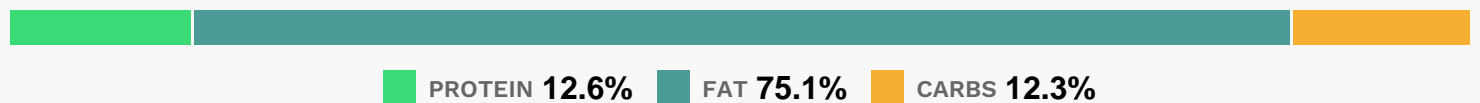
Equipment

- frying pan
- pot

Directions

- Heat 3 tablespoons oil in a large skillet over medium heat.
- Add tomatoes, garlic, and red pepper flakes, season with salt, and cook, covered slightly and swirling pan often, until tomatoes blister and burst, 10–12 minutes. Press down on tomatoes to release their juices.
- Remove pan from heat and set aside.
- Meanwhile, bring 3 quarts water to a boil in a 5 quart pot. Season with salt; add pasta and cook, stirring occasionally, until about 2 minutes before tender.
- Drain pasta, reserving 1 cup pasta cooking water.
- Transfer pasta to skillet with tomatoes; set over high heat.
- Add 1/2 cup pasta water. Cook, stirring and tossing often, until sauce thickens and begins to coat the pasta, about 1 minute. Stir in remaining oil, cheese, and half the basil and toss until sauce coats pasta and pasta is al dente. (
- Add more pasta water if sauce seems dry.)
- Add remaining basil, season with salt, and serve with breadcrumbs, if desired.

Nutrition Facts



Properties

Glycemic Index: 98.5, Glycemic Load: 0.67, Inflammation Score: -7, Nutrition Score: 14.535217285156%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 458.47kcal (22.92%), Fat: 38.83g (59.74%), Saturated Fat: 10.43g (65.18%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 12.86g (4.68%), Sugar: 3.77g (4.19%), Cholesterol: 39mg (13%), Sodium: 734.76mg (31.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Calcium: 442.09mg (44.21%), Phosphorus: 340.38mg (34.04%), Vitamin K: 35.11µg (33.44%), Vitamin C: 27.37mg (33.17%), Vitamin E: 4.88mg (32.56%), Vitamin A: 953.34IU (19.07%), Manganese: 0.31mg (15.51%), Selenium: 9.01µg (12.87%), Vitamin B2: 0.21mg (12.48%), Vitamin B1: 0.16mg (10.61%), Iron: 1.9mg (10.54%), Potassium: 325.72mg (9.31%), Vitamin B6: 0.18mg (9.05%), Zinc: 1.34mg (8.95%), Magnesium: 33.06mg (8.26%), Folate: 30.4µg (7.6%), Vitamin B12: 0.46µg (7.58%), Copper: 0.15mg (7.29%), Vitamin B3: 1.37mg (6.87%), Fiber: 1.45g (5.78%), Vitamin B5: 0.39mg (3.87%), Vitamin D: 0.19µg (1.25%)