



WHATSheEATS



Penne with Salsa Verde, Mozzarella, and Cherry Tomatoes

READY IN



45 min.

SERVINGS



4

CALORIES



779 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 1.5 tablespoons capers drained
- ☐ 2 cups cherry tomatoes cut into quarters
- ☐ 0.8 cup lightly flat-leaf parsley with thick stems removed packed
- ☐ 0.8 pound mozzarella cheese fresh cut into 1/4-inch cubes
- ☐ 2 cloves garlic smashed
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 6 tablespoons olive oil

- ☐ 0.8 pound penne rigate
- ☐ 0.8 teaspoon red-wine vinegar
- ☐ 0.8 teaspoon salt

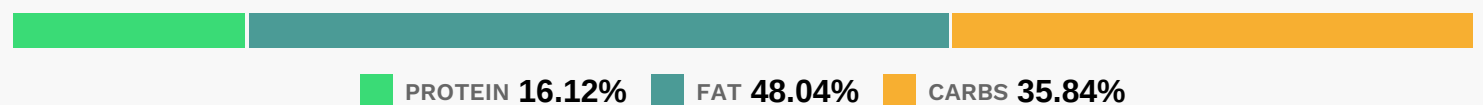
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a blender or food processor, puree the parsley, the smashed garlic, the capers, and the anchovy paste with the olive oil, the wine vinegar, and the salt and pepper.
- ☐ In a large pot of boiling, salted water, cook the penne rigate until just done, about 13 minutes.
- ☐ Drain.
- ☐ In a large bowl, toss the pasta with the parsley mixture, mozzarella, and tomatoes.
- ☐ Fresh Mozzarella: Fresh mozzarella is a soft, white cheese formed into a ball, which is usually packaged with water in plastic tubs to keep it moist. The cheese has a mild, milky taste that combines well with other, stronger flavors, and melts to a nice oozy texture. It's becoming more and more available in grocery stores; we have seen the Poly-O brand in many locations.
- ☐ Drain the cheese before using.
- ☐ Cut the mozzarella into cubes first thing and let it sit at room temperature while you prepare the rest of the recipe. That way the mozzarella will melt more quickly.
- ☐ Wine Recommendation: Look for a white wine that goes well with the saltiness of the capers and anchovy paste and the acidity of the tomatoes. One from the south of France, such as an ugni blanc from the Ctes de Gascogne, will do nicely.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:26.3, Inflammation Score:-9, Nutrition Score:28.719999914584%

Flavonoids

Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 778.77kcal (38.94%), Fat: 41.57g (63.96%), Saturated Fat: 14.37g (89.82%), Carbohydrates: 69.79g (23.26%), Net Carbohydrates: 66.02g (24.01%), Sugar: 5.13g (5.7%), Cholesterol: 67.83mg (22.61%), Sodium: 1100.25mg (47.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.77%), Vitamin K: 202.33µg (192.69%), Selenium: 69.36µg (99.09%), Phosphorus: 493.96mg (49.4%), Calcium: 477.82mg (47.78%), Manganese: 0.95mg (47.37%), Vitamin C: 32.55mg (39.45%), Vitamin A: 1892.19IU (37.84%), Vitamin B12: 1.95µg (32.43%), Zinc: 3.96mg (26.37%), Vitamin E: 3.83mg (25.56%), Vitamin B2: 0.33mg (19.29%), Magnesium: 76.56mg (19.14%), Copper: 0.35mg (17.41%), Iron: 2.93mg (16.29%), Fiber: 3.77g (15.09%), Potassium: 492.65mg (14.08%), Folate: 48.9µg (12.23%), Vitamin B6: 0.24mg (12.12%), Vitamin B3: 2.26mg (11.29%), Vitamin B1: 0.14mg (9.52%), Vitamin B5: 0.65mg (6.46%), Vitamin D: 0.35µg (2.35%)