



Peppery Absorption-Cooked Red-Wine Capellini

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



681 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound angel hair pasta
- 3 tablespoons olive oil extra virgin extra-virgin
- 4 servings onion white thinly sliced
- 6 garlic clove minced
- 4 servings kosher salt
- 1.5 pounds zucchini diced
- 1 bunch asparagus trimmed cut into 1/2-inch lengths

- 1.5 cups cherry tomatoes halved
- 1 tablespoon paprika smoked
- 1 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper
- 2 tablespoons oregano fresh
- 1 teaspoon rosemary leaves fresh minced
- 1.3 cups red wine spanish as needed (I use an inexpensive Tempranillo)
- 1.3 cups water as needed
- 1 leaf parsley fresh minced for garnish

Equipment

- bowl
- baking sheet
- oven
- pot
- tongs

Directions

- Preheat the oven to 375F. Break the capellini into approximately 3-inch lengths.
- Spread the pasta on a baking sheet, slide it into the oven, and toast, tossing occasionally with tongs, until golden brown, about 12 minutes.
- Meanwhile, heat the olive oil in a large pot (at least 5 1/2 quarts) with a lid over medium heat.
- Add the onion, garlic, and a pinch of salt and cook, allowing them only to soften and grow aromatic but not brown, about 5 minutes. Increase the heat to medium-high and add the zucchini and another pinch of salt. Saut until the zucchini is well browned, about 5 more minutes.
- Place the noodles on top of the zucchini mixture.
- Layer the asparagus and 1 cup of the cherry tomatoes on top of that and sprinkle in the smoked paprika, black pepper, cayenne pepper, oregano, and rosemary.

- Pour the red wine and cup of water over the top. Toss as best you can with tongs; it will be hard at first because the noodles are stiff. Return the heat to medium and cover the pot.
- Every 3 minutes, remove the lid and toss the pasta. The total cooking time will be 8 to 12 minutes. Toward the end, taste a noodle each time you remove the lid to see if it is done. If not, and there isnt any moisture left on the bottom of the pot, add a bit more wine or water, about 1/3 cup.
- When the noodles are done to your liking, taste and make any final adjustments to the seasoning.
- Transfer to serving bowls.
- Garnish with the remaining 1/2 cup cherry tomatoes, the parsley, and another grind of black pepper.
- Serve immediately.

Nutrition Facts

■ PROTEIN **13.36%** ■ FAT **18.88%** ■ CARBS **67.76%**

Properties

Glycemic Index:69.25, Glycemic Load:37.22, Inflammation Score:-10, Nutrition Score:37.706956521739%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg, Apigenin: 0.65mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 9.18mg, Isorhamnetin: 9.18mg, Isorhamnetin: 9.18mg, Isorhamnetin: 9.18mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 29.27mg, Quercetin: 29.27mg, Quercetin: 29.27mg, Quercetin: 29.27mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Taste

Sweetness: 58.23%, Saltiness: 100%, Sourness: 68.84%, Bitterness: 62.93%, Savoriness: 67.69%, Fattiness: 52.74%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 680.79kcal (34.04%), Fat: 13.4g (20.62%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 108.23g (36.08%), Net Carbohydrates: 97.28g (35.37%), Sugar: 13.93g (15.48%), Cholesterol: 0mg (0%), Sodium: 234.57mg (10.2%), Alcohol: 7.95g (44.17%), Protein: 21.34g (42.68%), Selenium: 76.2µg (108.85%), Manganese: 2.04mg (102.13%), Vitamin K: 84.68µg (80.64%), Vitamin C: 55.47mg (67.23%), Vitamin A: 2447.94IU (48.96%), Fiber: 10.96g (43.83%), Vitamin B6: 0.82mg (40.89%), Phosphorus: 403.7mg (40.37%), Copper: 0.76mg (38.17%), Iron: 6.85mg (38.08%), Potassium: 1321.74mg (37.76%), Folate: 145.74µg (36.44%), Magnesium: 138.92mg (34.73%), Vitamin E: 4.45mg (29.66%), Vitamin B2: 0.48mg (28.17%), Vitamin B1: 0.41mg (27.27%), Vitamin B3: 4.67mg (23.34%), Zinc: 3.24mg (21.62%), Calcium: 160.17mg (16.02%), Vitamin B5: 1.41mg (14.08%)