

## Sicilian Market Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups cherry tomatoes halved quartered (larger ones )
- 1.5 cups chickpeas rinsed cooked drained (15-ounce can, and )
- 0.3 teaspoon to 5 chilies red
- 1 cup basil fresh loosely packed chopped
- 6 cloves garlic clove coarsely chopped
- 16 olives black pitted coarsely chopped
- 3 drops olive oil
- 1 orange zest

- 0.5 teaspoon oregano
- 0.5 medium onion diced red
- 6 servings pepper black freshly ground
- 1 pound pasta like spaghetti gluten-free ( folks try Tinkyada rice pasta)

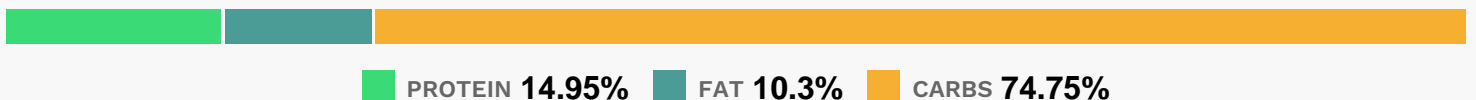
## Equipment

- frying pan

## Directions

- Remove from skillet and set aside.
- Add the onion to the skillet and saute until soft, seasoning with salt and pepper.
- Add the orange zest and cook about 30 seconds more. Stir in the oregano and red pepper and cook for about 10 seconds.
- Remove from heat and set aside. When the water reaches a boil, add the pasta and salt to taste. When the pasta is almost done (firm to the bite), add the drained chickpeas and cook until the pasta is completely done.
- Remove one cup of the cooking water and add it to the onions in the skillet.
- Drain the pasta.
- Add the reserved garlic to the skillet and bring to a simmer.
- Add the basil and olives and stir.
- Add the pasta and toss to coat completely. Stir in the tomatoes and taste for seasoning, adding more salt and pepper as needed.
- Serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:46.13, Glycemic Load:25.3, Inflammation Score:-7, Nutrition Score:17.483913089918%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

## **Nutrients (% of daily need)**

Calories: 388.31kcal (19.42%), Fat: 4.46g (6.85%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 72.75g (24.25%), Net Carbohydrates: 65.92g (23.97%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 180.46mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.1%), Selenium: 50.16µg (71.65%), Manganese: 1.3mg (64.85%), Fiber: 6.83g (27.32%), Folate: 96.52µg (24.13%), Phosphorus: 236.5mg (23.65%), Copper: 0.45mg (22.26%), Vitamin C: 17.21mg (20.87%), Vitamin K: 21.47µg (20.45%), Magnesium: 70.73mg (17.68%), Iron: 2.85mg (15.82%), Vitamin B6: 0.27mg (13.39%), Potassium: 446.21mg (12.75%), Zinc: 1.86mg (12.41%), Vitamin A: 521.08IU (10.42%), Vitamin B1: 0.15mg (10.02%), Vitamin B3: 1.89mg (9.44%), Vitamin E: 1.06mg (7.05%), Calcium: 67.95mg (6.8%), Vitamin B5: 0.56mg (5.6%), Vitamin B2: 0.09mg (5.57%)