



WHATSheATE



Spaghetti with cherry tomato & black olive sauce

READY IN



15 min.

SERVINGS



2

CALORIES



817 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g pasta like spaghetti
- ☐ 200 g cherry tomatoes halved
- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 1 small bunch basil
- ☐ 10 olives black in brine roughly chopped (not)
- ☐ 1 tbsp caper drained and rinsed
- ☐ 1 lemon zest
- ☐ 2 servings parmesan shaved (or vegetarian alternative)

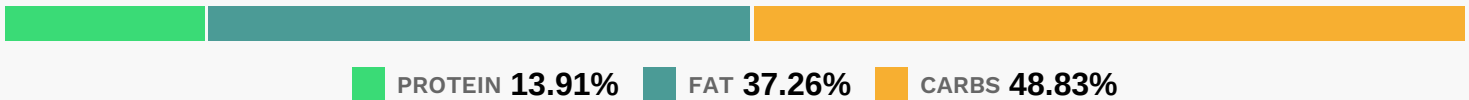
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the pasta following pack instructions in salted water until al dente. Meanwhile, put the tomatoes in a bowl with the oil, basil, olives, capers, lemon zest and juice, and a pinch of salt and mix together.
- ☐ Drain the pasta, then return to the pan.
- ☐ Add the tomato mixture and mix again to combine.
- ☐ Serve with the cheese sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:37.81, Inflammation Score:-8, Nutrition Score:24.951304601586%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 817.31kcal (40.87%), Fat: 33.88g (52.12%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 99.88g (33.29%), Net Carbohydrates: 94g (34.18%), Sugar: 6.33g (7.03%), Cholesterol: 20.4mg (6.8%), Sodium: 930.93mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.91%), Selenium: 86.51µg (123.59%), Manganese: 1.31mg (65.33%), Phosphorus: 476.28mg (47.63%), Calcium: 415.88mg (41.59%), Vitamin C: 27.57mg (33.42%), Vitamin K: 34.01µg (32.4%), Vitamin E: 4.63mg (30.85%), Copper: 0.5mg (25.2%), Magnesium: 95.08mg (23.77%), Fiber: 5.88g (23.52%), Vitamin A: 1020.33IU (20.41%), Zinc: 2.79mg (18.59%), Iron: 2.99mg (16.61%), Potassium: 551.28mg (15.75%), Vitamin B6: 0.3mg (15.12%), Vitamin B3: 2.86mg (14.31%), Vitamin B2: 0.21mg (12.32%), Vitamin B1: 0.17mg (11.22%), Folate: 42.3µg (10.57%), Vitamin B5: 0.83mg (8.27%), Vitamin B12: 0.36µg (6%)