



Spaghetti with Peppery No-Cook Tomato Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup capers
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 4 ounces pecorino crumbled
- ☐ 4 garlic clove minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 0.8 teaspoon salt

- ☐ 1 pound pasta like spaghetti uncooked
- ☐ 2 cups canned tomatoes peeled seeded chopped (5 medium tomatoes)

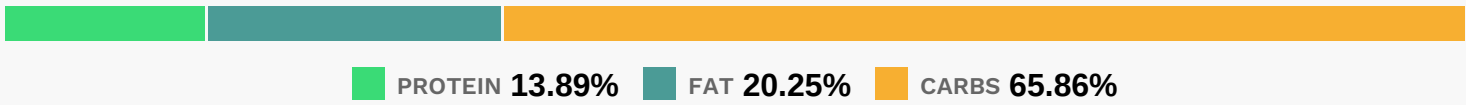
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Combine tomato and remaining ingredients in a large bowl.
- ☐ Add pasta, and toss well to combine.
- ☐ Serve immediately.
- ☐ Tip: Quickly peel tomatoes by plunging them into the boiling pasta water (before adding the pasta) for 20 seconds; remove with a slotted spoon, and quickly rinse under cold water. The skins will slip right off.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:17.29, Inflammation Score:-4, Nutrition Score:9.7478260786637%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg

Nutrients (% of daily need)

Calories: 280.39kcal (14.02%), Fat: 6.32g (9.72%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 43.39g (15.78%), Sugar: 3.05g (3.39%), Cholesterol: 7.23mg (2.41%), Sodium: 558.63mg (24.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.51%), Selenium: 38.29µg (54.69%), Manganese: 0.61mg (30.64%), Phosphorus: 144.22mg (14.42%), Copper: 0.24mg (12.09%), Fiber: 2.84g (11.35%),

Magnesium: 41.23mg (10.31%), Vitamin B6: 0.18mg (8.76%), Iron: 1.55mg (8.59%), Vitamin C: 6.28mg (7.62%), Potassium: 266.42mg (7.61%), Vitamin E: 1.13mg (7.53%), Vitamin B3: 1.47mg (7.33%), Zinc: 1.09mg (7.25%), Calcium: 68.39mg (6.84%), Vitamin B2: 0.1mg (6.15%), Vitamin B1: 0.09mg (5.68%), Vitamin K: 5.19µg (4.94%), Folate: 18.2µg (4.55%), Vitamin B5: 0.36mg (3.59%), Vitamin A: 163.75IU (3.27%)