



Spaghetti with Smoky Tomatoes and Onions

READY IN



30 min.

SERVINGS



4

CALORIES



682 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil coarsely chopped
- ☐ 1.5 tablespoons garlic minced
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings accompaniment: parmesan grated
- ☐ 2 pounds plum tomatoes halved lengthwise
- ☐ 1 large onion red cut into 1-inch wedges (keep stem end intact)
- ☐ 0.8 pound pasta like spaghetti

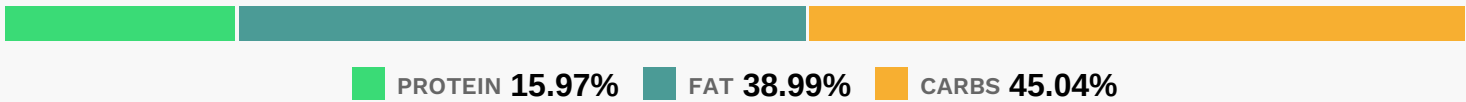
Equipment

- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Prepare grill for direct-heat cooking over hot charcoal (high heat for gas), leaving about one third of grill free of coals (or, for a gas grill, shutting off one or two burners); see Grilling Procedure.
- ☐ Put garlic and 1/4 cup oil in foil pan and put on grill over area with no coals.
- ☐ Rub remaining oil all over tomatoes and onion and season with salt and pepper, then grill over coals, turning occasionally, until well browned, 4 to 5 minutes. Coarsely chop tomatoes and add to garlic oil with onion.
- ☐ Cook spaghetti in a pasta pot of well-salted boiling water until al dente. Reserve 1/4 cup cooking water, then drain pasta. Toss with reserved water, parmesan, basil, contents of foil pan, and salt and pepper to taste.
- ☐ •Tomatoes and onion can be cooked in a lightly oiled hot grill pan over medium-high heat until grill marks appear. •Tomatoes and onion can be grilled 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:29.05, Inflammation Score:-9, Nutrition Score:27.042608561723%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg

Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 681.9kcal (34.1%), Fat: 29.7g (45.69%), Saturated Fat: 9.09g (56.81%), Carbohydrates: 77.2g (25.73%), Net Carbohydrates: 71.18g (25.88%), Sugar: 9.75g (10.83%), Cholesterol: 26.07mg (8.69%), Sodium: 632.63mg (27.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Selenium: 62.95µg (89.93%), Manganese: 1.17mg (58.31%), Calcium: 511.65mg (51.17%), Phosphorus: 495.45mg (49.55%), Vitamin A: 2347.67IU (46.95%), Vitamin C: 34.58mg (41.92%), Vitamin K: 42.1µg (40.1%), Vitamin E: 4.03mg (26.84%), Fiber: 6.02g (24.09%), Potassium: 823.64mg (23.53%), Magnesium: 92.31mg (23.08%), Copper: 0.42mg (21.16%), Vitamin B6: 0.41mg (20.6%), Zinc: 2.74mg (18.3%), Vitamin B3: 2.98mg (14.88%), Folate: 59.37µg (14.84%), Vitamin B2: 0.23mg (13.79%), Vitamin B1: 0.2mg (13.01%), Iron: 2.34mg (12.98%), Vitamin B5: 0.8mg (8%), Vitamin B12: 0.46µg (7.67%), Vitamin D: 0.19µg (1.28%)