



Spaghetti with Sweet 100 Tomatoes, Garlic Chives, and Lemon Basil

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



566 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 garlic clove thinly sliced
- 1 pound pasta like spaghetti
- 0.5 bunch chives cut into 1-inch lengths
- 12 herbs like: thym fresh shredded finely
- 4 servings pepper black freshly ground to taste
- 4 servings kosher salt
- 0.3 cup olive oil extra virgin extra-virgin

1 pint tomatoes sweet

Equipment

bowl

frying pan

Directions

Bring 6 quarts of water to a boil and add 2 tablespoons of salt.

In a 12- to 14-inch sauté pan, heat the olive oil over high heat until almost smoking. Lower the heat to medium-high and add the garlic cloves. Cook for 2 minutes, or until softened and slightly browned.

Add the tomatoes, chives, and basil and cook over high heat until the tomatoes are just beginning to burst. Season with salt and pepper.

Meanwhile, cook the spaghetti in the boiling water according to package directions until it is tender yet al dente.

Drain the pasta and add it to the pan with the tomatoes. Toss over high heat for 1 minute, then divide evenly among four warmed pasta bowls and serve immediately.

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Nutrition Facts



PROTEIN 11.38% **FAT 24.65%** **CARBS 63.97%**

Properties

Glycemic Index:64.25, Glycemic Load:35.55, Inflammation Score:-8, Nutrition Score:18.904782481816%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 566.49kcal (28.32%), Fat: 15.48g (23.81%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 90.39g (30.13%), Net Carbohydrates: 85.22g (30.99%), Sugar: 6.18g (6.87%), Cholesterol: 0mg (0%), Sodium: 207.37mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.17%), Selenium: 72.11µg (103.01%), Manganese: 1.25mg (62.69%), Phosphorus: 248.42mg (24.84%), Vitamin K: 23.85µg (22.71%), Vitamin A: 1071.27IU (21.43%), Vitamin C: 17.65mg (21.39%), Copper: 0.41mg (20.67%), Fiber: 5.17g (20.67%), Magnesium: 75.02mg (18.75%), Vitamin E: 2.72mg (18.14%), Potassium: 551.79mg (15.77%), Vitamin B6: 0.3mg (14.79%), Vitamin B3: 2.67mg (13.33%), Zinc: 1.85mg (12.33%), Iron: 1.98mg (10.99%), Vitamin B1: 0.15mg (10.18%), Folate: 39.6µg (9.9%), Vitamin B5: 0.62mg (6.17%), Vitamin B2: 0.1mg (5.62%), Calcium: 44.35mg (4.44%)