



WHATSheATE



Spaghetti with Tomatoes, Basil, Olives, and Fresh Mozzarella



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 0.5 cup olives black pitted halved
- ☐ 1.3 cups basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.8 pound mozzarella cheese fresh salted cut into 1/4-inch cubes, at room temperature
- ☐ 0.5 cup olive oil

- ☐ 1.3 teaspoons salt
- ☐ 1 pound pasta like spaghetti
- ☐ 2 pounds vine-ripened tomatoes chopped (6)

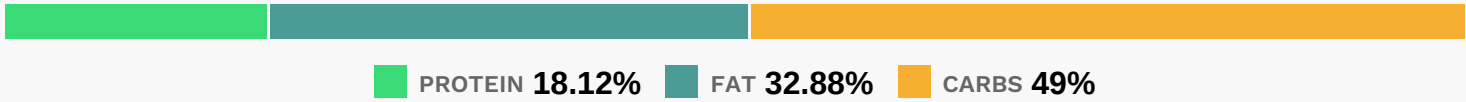
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large glass or stainless-steel bowl, combine the chopped tomatoes with the mozzarella, basil, olives, balsamic vinegar, salt, and pepper.
- ☐ In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- ☐ Drain, add to the tomato mixture, and toss.
- ☐ Heat the oil in a small frying pan over moderately low heat.
- ☐ Add the garlic and cook, stirring, for 1 minute.
- ☐ Pour the oil over the pasta and toss again.
- ☐ Add some drained capers, chopped red onion, or grated Parmesan to the pasta.
- ☐ Wine Recommendation: Valpolicella, the crisp, fruity, cherry-scented wine from the shores of Lake Garda in the Veneto, is the perfect hot-weather wine for tomato-and-herb-based dishes. Try one here for a delightful accompaniment.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:37.58, Inflammation Score:-9, Nutrition Score:32.314347826916%

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: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 798.99kcal (39.95%), Fat: 29.22g (44.96%), Saturated Fat: 12.66g (79.12%), Carbohydrates: 97.96g (32.65%), Net Carbohydrates: 90.82g (33.03%), Sugar: 10.75g (11.95%), Cholesterol: 67.19mg (22.4%), Sodium: 1543.35mg (67.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.24g (72.48%), Selenium: 86.63µg (123.76%), Manganese: 1.49mg (74.4%), Vitamin A: 2927.65IU (58.55%), Phosphorus: 579.49mg (57.95%), Vitamin K: 55.05µg (52.42%), Calcium: 505.07mg (50.51%), Vitamin C: 33.12mg (40.15%), Vitamin B12: 1.94µg (32.32%), Zinc: 4.57mg (30.47%), Fiber: 7.14g (28.55%), Magnesium: 110.32mg (27.58%), Copper: 0.53mg (26.6%), Potassium: 902.38mg (25.78%), Vitamin B2: 0.36mg (21.27%), Vitamin B6: 0.42mg (20.97%), Vitamin E: 3mg (19.97%), Vitamin B3: 3.49mg (17.45%), Folate: 66.1µg (16.53%), Iron: 2.92mg (16.2%), Vitamin B1: 0.22mg (14.82%), Vitamin B5: 0.85mg (8.47%), Vitamin D: 0.34µg (2.27%)