



## Spaghettini with Checca Sauce

READY IN



23 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 8 ounces angel hair pasta
- ☐ 12 ounce cherry tomatoes halved
- ☐ 8 basil leaves fresh
- ☐ 4 ounces mozzarella cheese fresh cut into 1/2-inch cubes
- ☐ 3 garlic cloves crushed
- ☐ 3 tablespoons olive oil
- ☐ 1 ounce parmesan coarsely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions white green coarsely chopped and pale parts only

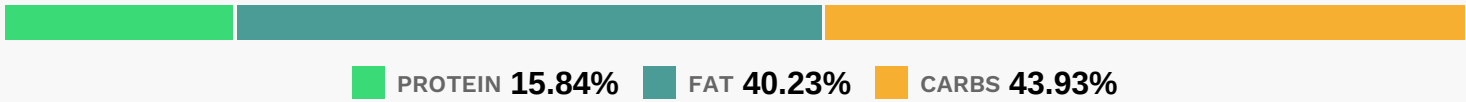
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

# Directions

- ☐ Cook the pasta in a large pot of boiling salted water until al dente, tender but still firm to the bite, stirring often, about 8 minutes.
- ☐ Meanwhile, combine the next 7 ingredients in a food processor. Pulse just until the tomatoes are coarsely chopped (do not puree).
- ☐ Drain the pasta, reserving some of the pasta water. Toss the pasta with the tomato mixture and fresh mozzarella in a large bowl.
- ☐ Add some of the reserved pasta water (about 1/4 cup) if the sauce looks dry.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:65, Glycemic Load:17.66, Inflammation Score:-7, Nutrition Score:16.417391269103%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

# Nutrients (% of daily need)

Calories: 438.94kcal (21.95%), Fat: 19.66g (30.24%), Saturated Fat: 6.52g (40.74%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 45.5g (16.55%), Sugar: 4.29g (4.76%), Cholesterol: 27.22mg (9.07%), Sodium: 306.61mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.84%), Selenium: 43.07µg (61.53%), Vitamin K: 37.89µg (36.09%), Manganese: 0.7mg (34.9%), Phosphorus: 289.01mg (28.9%), Vitamin C: 22.49mg (27.26%), Calcium: 263.02mg (26.3%), Vitamin A: 825.47IU (16.51%), Vitamin E: 2.2mg (14.64%), Zinc: 2.02mg (13.48%),

Copper: 0.25mg (12.71%), Magnesium: 50.14mg (12.53%), Vitamin B12: 0.73µg (12.19%), Fiber: 2.81g (11.23%), Potassium: 385.85mg (11.02%), Vitamin B6: 0.2mg (10.07%), Iron: 1.81mg (10.04%), Vitamin B2: 0.17mg (9.96%), Folate: 32.05µg (8.01%), Vitamin B3: 1.55mg (7.76%), Vitamin B1: 0.1mg (6.96%), Vitamin B5: 0.45mg (4.52%)