



## Spaghettoni with Tomatoes, Anchovies and Almonds

READY IN



40 min.

SERVINGS



40

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup roasted almonds salted
- 0.3 cup basil leaves shredded finely
- 1.5 pounds beefsteak tomatoes diced cored finely
- 2 tablespoons capers drained
- 40 servings pepper red crushed
- 1 large garlic clove smashed
- 3 large oil-packed anchovies
- 0.5 cup olive oil extra-virgin

- 0.5 cup pecorino cheese fresh such as fiore di sardo, plus more for serving grated
- 40 servings salt and pepper black freshly ground
- 2 scallions white green thinly sliced
- 1 pound spaghetti

## Equipment

- food processor
- bowl
- pot

## Directions

- In a large bowl, combine the diced tomatoes with the shredded basil, scallions, olive oil and crushed red pepper. Season lightly with salt and black pepper and let the tomatoes stand for 20 minutes.
- Meanwhile, in a mini food processor, pulse the almonds with the anchovies and garlic until finely chopped.
- Add the 1/2 cup of pecorino cheese and the capers and pulse to combine.
- In a large pot of boiling salted water, cook the pasta until al dente.
- Drain the pasta, shaking off the excess water.
- Add the pasta to the tomatoes along with the chopped almond mixture and toss well.
- Serve the pasta, passing extra cheese at the table.

## Nutrition Facts



**PROTEIN 14.99%** **FAT 27.67%** **CARBS 57.34%**

## Properties

Glycemic Index:7.03, Glycemic Load:3.64, Inflammation Score:-5, Nutrition Score:4.506956514457%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin:

0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:  
0.01mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.05mg,  
Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.56mg, Kaempferol: 0.56mg,  
Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:  
0.02mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

## **Nutrients (% of daily need)**

Calories: 72.04kcal (3.6%), Fat: 2.3g (3.54%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 10.71g (3.57%), Net  
Carbohydrates: 9.17g (3.33%), Sugar: 1g (1.11%), Cholesterol: 1.55mg (0.52%), Sodium: 71.58mg (3.11%), Alcohol: Og  
(100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin A: 755.02IU (15.1%), Selenium: 8.06µg (11.51%),  
Manganese: 0.22mg (10.79%), Vitamin E: 1.42mg (9.5%), Fiber: 1.54g (6.18%), Vitamin K: 5.99µg (5.7%), Phosphorus:  
50.99mg (5.1%), Copper: 0.09mg (4.34%), Magnesium: 16.94mg (4.24%), Vitamin B6: 0.08mg (3.88%), Iron:  
0.66mg (3.69%), Potassium: 124.3mg (3.55%), Vitamin B2: 0.06mg (3.31%), Vitamin B3: 0.66mg (3.3%), Calcium:  
30.93mg (3.09%), Vitamin C: 2.52mg (3.06%), Zinc: 0.38mg (2.51%), Vitamin B1: 0.03mg (1.77%), Folate: 6.66µg  
(1.67%), Vitamin B5: 0.1mg (1.01%)