






 **59%**
HEALTH SCORE

Spicy Pasta With Tilapia

 Dairy Free  Very Healthy

READY IN

35 min.

SERVINGS

4

CALORIES

473 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.5 cup cooking wine dry white
- 0.5 cup basil fresh plus more for topping chopped
- 2 tablespoons parsley fresh chopped
- 3 cloves garlic chopped
- 4 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon pepper flakes red

- 10 ounces multigrain spaghetti
- 0.5 pound tilapia fillets cut into small chunks

Equipment

- bowl
- frying pan
- pot

Directions

- Toss the tilapia, 1 tablespoon olive oil, 1 teaspoon of the garlic and 1/4 teaspoon red pepper flakes in a medium bowl. Cover and refrigerate.
- Heat the remaining 1 tablespoon olive oil in a large skillet over medium heat.
- Add the remaining garlic and 1/4 to 1/2 teaspoon red pepper flakes and cook, stirring, until the garlic starts to soften, about 30 seconds.
- Add the wine and simmer until reduced by half, about 3 minutes.
- Add the tomatoes, 1/4 cup basil and 1/2 cup water. Bring to a boil and cook, stirring occasionally, until the sauce is slightly thickened, about 12 minutes.
- Meanwhile, bring a large pot of salted water to a boil.
- Add the pasta and cook as the label directs.
- When the pasta is almost done, add the tilapia to the skillet with the tomato sauce and simmer, stirring gently, until just cooked through, about 3 minutes. Stir in the parsley and the remaining 1/4 cup basil; season with salt.
- Drain the pasta and add it to the sauce. Divide among bowls and top with more basil.
- Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:25.71, Inflammation Score:-8, Nutrition Score:26.497391327568%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 472.82kcal (23.64%), Fat: 9.67g (14.88%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 69.24g (23.08%), Net Carbohydrates: 62.96g (22.89%), Sugar: 10.98g (12.2%), Cholesterol: 28.35mg (9.45%), Sodium: 496.84mg (21.6%), Alcohol: 3.09g (100%), Alcohol %: 1.06% (100%), Protein: 24.23g (48.47%), Selenium: 70.1µg (100.14%), Vitamin K: 61.27µg (58.35%), Manganese: 1.15mg (57.46%), Copper: 0.64mg (31.78%), Phosphorus: 306.28mg (30.63%), Vitamin B3: 5.97mg (29.87%), Potassium: 965.97mg (27.6%), Vitamin B6: 0.54mg (27.24%), Vitamin C: 22.16mg (26.86%), Vitamin E: 3.93mg (26.2%), Fiber: 6.29g (25.15%), Magnesium: 99.42mg (24.86%), Iron: 4.24mg (23.56%), Vitamin A: 827.72IU (16.55%), Vitamin B1: 0.25mg (16.35%), Vitamin B12: 0.9µg (14.93%), Folate: 57.68µg (14.42%), Zinc: 1.84mg (12.28%), Vitamin B5: 1.18mg (11.77%), Vitamin D: 1.76µg (11.72%), Vitamin B2: 0.19mg (11.47%), Calcium: 103.88mg (10.39%)