



Summer Tomato and Basil Spaghettini

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



744 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings basil sprigs fresh
- ☐ 1 cup coarse breadcrumbs made from bread fresh french crustless
- ☐ 0.5 cup basil leaves fresh thinly sliced
- ☐ 1 cup kalamata olives pitted halved
- ☐ 8 tablespoons olive oil extra-virgin
- ☐ 2.5 pounds plum tomatoes cut in skin on side opposite stem
- ☐ 0.3 cup shallots chopped
- ☐ 1 pound spaghettini

☐ 8 ounce water-packed mozzarella cheese cut into 1 1/2x1/4-inch strips

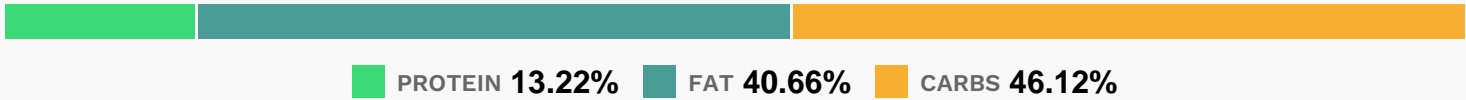
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring large saucepan of water to boil. Drop in 3 tomatoes; cook 30 seconds. Using slotted spoon, transfer tomatoes to plate. Repeat with remaining tomatoes. When cool, peel tomatoes starting at X.
- ☐ Cut tomatoes in half horizontally; squeeze out seeds and juice. Chop tomatoes coarsely; transfer to large bowl.
- ☐ Mix in olives, 5 tablespoons oil, sliced basil, and shallots.
- ☐ Heat remaining 3 tablespoons oil in heavy medium skillet over medium heat.
- ☐ Add breadcrumbs. Sauté until crisp and golden, about 5 minutes. Set aside.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain well.
- ☐ Add pasta to tomato mixture; toss to blend. Gently mix in cheese.
- ☐ Transfer pasta to serving bowl.
- ☐ Sprinkle with breadcrumbs; garnish with basil sprigs.

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:35.48, Inflammation Score:-9, Nutrition Score:28.405652243158%

Flavonoids

Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 743.95kcal (37.2%), Fat: 33.9g (52.16%), Saturated Fat: 8.55g (53.41%), Carbohydrates: 86.54g (28.85%), Net Carbohydrates: 79.05g (28.74%), Sugar: 10.81g (12.01%), Cholesterol: 29.86mg (9.95%), Sodium: 790.61mg (34.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.61%), Selenium: 65.93µg (94.19%), Manganese: 1.47mg (73.72%), Vitamin K: 46.07µg (43.87%), Vitamin A: 2130.61IU (42.61%), Phosphorus: 383.94mg (38.39%), Vitamin C: 27.74mg (33.63%), Vitamin E: 4.83mg (32.22%), Fiber: 7.49g (29.97%), Calcium: 298.78mg (29.88%), Vitamin B3: 4.77mg (23.84%), Magnesium: 92.38mg (23.09%), Copper: 0.45mg (22.32%), Potassium: 766.17mg (21.89%), Vitamin B1: 0.33mg (21.69%), Folate: 85.98µg (21.5%), Zinc: 2.99mg (19.97%), Iron: 3.58mg (19.88%), Vitamin B6: 0.37mg (18.74%), Vitamin B2: 0.29mg (17.34%), Vitamin B12: 0.86µg (14.36%), Vitamin B5: 0.92mg (9.22%), Vitamin D: 0.15µg (1.01%)