



SunBlush spaghetti

 Vegetarian  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta like spaghetti
- ☐ 100 g sun-dried olives roughly chopped
- ☐ 1 tbsp tomato purée
- ☐ 1 handful olives roughly chopped
- ☐ 2 tbsp olive oil
- ☐ 50 g pecorino cheese grated
- ☐ 50 g pinenuts toasted

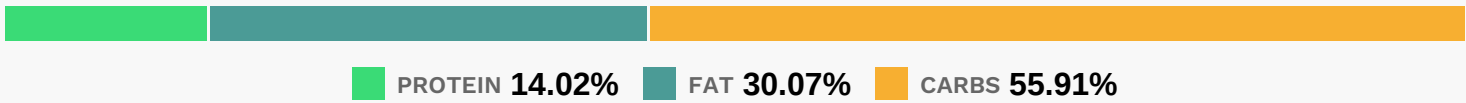
Equipment

☐ frying pan

Directions

- ☐ Boil the pasta according to pack instructions. Meanwhile, roughly chop the tomatoes.
- ☐ Drain the spaghetti, reserving a cupful of the cooking water in the bottom of the pan.
- ☐ With the pan still on the heat, stir the tomatoes, tomato pure, olives, oil and half the cheese into the water and bring to the boil. Simmer for a few mins to make a loose sauce, then season to taste. Toss the pasta and pine nuts through the sauce and serve sprinkled with the rest of the cheese.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:33.39, Inflammation Score:-7, Nutrition Score:25.884347828834%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 639.28kcal (31.96%), Fat: 21.8g (33.55%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 91.21g (30.4%), Net Carbohydrates: 84.23g (30.63%), Sugar: 12.84g (14.27%), Cholesterol: 8.5mg (2.83%), Sodium: 312.51mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.73%), Manganese: 2.49mg (124.4%), Selenium: 67.55µg (96.5%), Phosphorus: 438.42mg (43.84%), Copper: 0.83mg (41.52%), Magnesium: 139.85mg (34.96%), Potassium: 1186.35mg (33.9%), Fiber: 6.98g (27.91%), Iron: 4.5mg (25.01%), Vitamin B3: 4.62mg (23.08%), Vitamin K: 22.22µg (21.16%), Zinc: 3.07mg (20.49%), Calcium: 201.89mg (20.19%), Vitamin B1: 0.27mg (18.3%), Vitamin E: 2.58mg (17.22%), Vitamin B2: 0.26mg (15.04%), Vitamin B6: 0.25mg (12.74%), Vitamin C: 10.32mg (12.51%), Vitamin B5: 1.07mg (10.67%), Folate: 40.72µg (10.18%), Vitamin A: 359.8IU (7.2%), Vitamin B12: 0.15µg (2.5%)