



Tricolore tagliatelle

READY IN



20 min.

SERVINGS



4

CALORIES



662 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g tagliatelle
- ☐ 6 tomatoes ripe finely chopped
- ☐ 100 g arugula roughly chopped
- ☐ 0.5 small onion red finely chopped
- ☐ 2 tbsp capers rinsed
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 250 g ricotta cheese

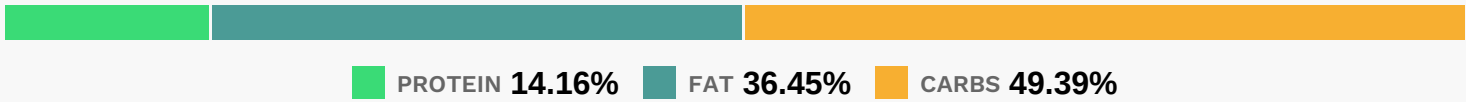
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Immerse the tagliatelle in a large pan of boiling salted water and cook for 8–10 minutes until just tender. Meanwhile, mix together the tomatoes, rocket, onion and capers.
- ☐ Drain the pasta and return to the pan, off the heat.
- ☐ Pour in the oil and toss until the pasta glistens, then tip in the tomato mixture and toss again. If youre serving it cold, hold the pasta in the sieve under the cold tap until its cool, then toss in the oil and tomato mixture. Season well, add the ricotta in small blobs and gently toss through.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:32.75, Inflammation Score:-9, Nutrition Score:27.718260723612%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg Kaempferol: 14.63mg, Kaempferol: 14.63mg, Kaempferol: 14.63mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg, Quercetin: 13.26mg

Nutrients (% of daily need)

Calories: 662.46kcal (33.12%), Fat: 27.14g (41.75%), Saturated Fat: 8.39g (52.41%), Carbohydrates: 82.75g (27.58%), Net Carbohydrates: 76.47g (27.81%), Sugar: 8.01g (8.9%), Cholesterol: 115.88mg (38.63%), Sodium: 209.37mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.72g (47.44%), Selenium: 88.06µg (125.8%), Manganese: 1.17mg (58.52%), Vitamin K: 52.55µg (50.05%), Vitamin A: 2476.47IU (49.53%), Phosphorus: 401.45mg (40.14%), Vitamin C: 30.23mg (36.64%), Fiber: 6.29g (25.14%), Magnesium: 99.71mg (24.93%), Potassium: 861.08mg (24.6%), Vitamin E: 3.6mg (23.99%), Folate: 92.03µg (23.01%), Copper: 0.46mg (22.97%), Calcium: 227.85mg (22.78%), Vitamin B6: 0.43mg (21.31%), Zinc: 3.11mg (20.76%), Iron: 3.18mg (17.67%), Vitamin B1: 0.26mg (17.63%), Vitamin B3: 3.38mg (16.91%), Vitamin B2: 0.28mg (16.36%), Vitamin B5: 1.34mg (13.37%), Vitamin B12: 0.5µg (8.38%), Vitamin D: 0.43µg (2.83%)