



Vermicelli with Fresh Herbs

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

Ingredients

- 16 oz vermicelli
- 1 tablespoon capers
- 0.3 cup vegetable oil
- 2 tablespoons pinenuts chopped
- 1 tablespoon parsley fresh chopped
- 2 teaspoons rosemary leaves fresh chopped
- 2 teaspoons sage fresh chopped
- 1 teaspoon basil fresh chopped

2 cups cherry tomatoes cut into fourths

1 serving pepper freshly ground

Equipment

bowl

Directions

Cook vermicelli as directed on package.

Meanwhile, coarsely chop capers if they are large. In medium bowl, mix capers and remaining ingredients except tomatoes and pepper. Stir in tomatoes.

Drain vermicelli. In large bowl, toss vermicelli and herb mixture.

Sprinkle with pepper.

Nutrition Facts



PROTEIN 3.76% **FAT 27.89%** **CARBS 68.35%**

Properties

Glycemic Index:32, Glycemic Load:35.81, Inflammation Score:-4, Nutrition Score:12.143043429955%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 388.45kcal (19.42%), Fat: 11.89g (18.3%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 65.6g (21.87%), Net Carbohydrates: 63.79g (23.2%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 180.46mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Copper: 2.17mg (108.37%), Manganese: 0.79mg (39.66%), Vitamin K: 31.25µg (29.76%), Selenium: 11.7µg (16.72%), Phosphorus: 149.56mg (14.96%), Vitamin C: 12.3mg (14.92%), Vitamin E: 1.35mg (8.99%), Fiber: 1.8g (7.21%), Iron: 1.2mg (6.64%), Vitamin A: 303.78IU (6.08%), Magnesium: 23.89mg (5.97%), Zinc: 0.87mg (5.79%), Potassium: 158.42mg (4.53%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.6mg (2.98%), Folate: 11.23µg (2.81%), Vitamin B6: 0.05mg (2.74%), Calcium: 25.64mg (2.56%), Vitamin B2: 0.03mg (2.05%), Vitamin B5: 0.12mg (1.17%)