



Whole Wheat Tagliolini with Fresh Cherry Tomato Sauce

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

SIDE DISH

Ingredients

- 3 tablespoons capers drained
- 5 cups cherry tomatoes quartered
- 0.3 teaspoon pepper red crushed
- 2 large eggs
- 2 tablespoons olive oil extravirgin
- 4.5 ounces flour all-purpose
- 0.5 cup basil fresh thinly sliced

- 2 garlic cloves minced
- 1 teaspoon lemon rind grated
- 2 tablespoons olive oil
- 1 tablespoon salt
- 5 tablespoons water
- 6 quarts water
- 4.8 ounces flour whole wheat

Equipment

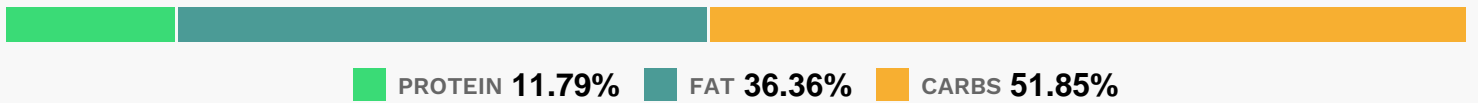
- food processor
- bowl
- frying pan
- knife
- whisk
- sieve
- plastic wrap
- measuring cup
- dutch oven

Directions

- To prepare pasta, lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours and 1/4 teaspoon salt in a food processor; process 30 seconds.
- Combine 5 tablespoons water, 2 tablespoons olive oil, and eggs in a bowl, stirring well with a whisk. With processor running, pour water mixture through the food chute, processing just until dough forms a ball. Turn dough out onto a lightly floured surface; knead 5 or 6 times. Shape dough into a disk. Dust dough lightly with flour; wrap in plastic wrap.
- Let stand 30 minutes.
- Divide dough into 3 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), press dough into a flat rectangle.

- Roll the dough into a 14 x 14inch square, dusting with flour, if necessary (turning dough over occasionally and dusting surface with flour as needed).
- Lay dough sheet flat; fold ends so they meet in the middle. Fold the sheet in half like closing a book. Fold in half again to form 8 layers of pasta. Using a sharp knife, cut the pasta crosswise into 1/4-inch-wide noodles. Separate noodles, and dust with flour.
- Place noodles on a jelly-roll pan dusted with flour. Repeat procedure with remaining dough portions.
- Bring 6 quarts water and remaining 1 tablespoon salt to a boil in a large Dutch oven.
- Place noodles in a sieve; shake off excess flour.
- Add noodles to pan. Cook 1 1/2 minutes or until done; drain.
- To prepare sauce, heat 2 tablespoons oil in a large nonstick skillet over medium-low heat.
- Add garlic to pan; cook 3 minutes, stirring frequently (do not brown).
- Remove from heat. Stir in tomatoes and remaining ingredients. Toss with noodles.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:17.77, Inflammation Score:-9, Nutrition Score:25.912608685701%

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 Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg, Kaempferol: 7.9mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

Nutrients (% of daily need)

Calories: 428.48kcal (21.42%), Fat: 17.83g (27.44%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 51.09g (18.58%), Sugar: 5.03g (5.59%), Cholesterol: 93mg (31%), Sodium: 2042.2mg (88.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.03%), Manganese: 1.86mg (93%), Selenium: 40.55µg (57.93%), Vitamin C: 44.38mg (53.79%), Vitamin B1: 0.5mg (33.47%), Copper: 0.61mg (30.67%), Folate: 112.7µg (28.18%), Vitamin K: 28.54µg (27.18%), Iron: 4.74mg (26.31%), Phosphorus: 261.29mg (26.13%), Vitamin A: 1252.77IU (25.06%), Vitamin E: 3.71mg (24.71%), Fiber: 6.14g (24.54%), Vitamin B3: 4.65mg (23.27%), Magnesium: 91.86mg (22.97%), Vitamin B2: 0.38mg (22.48%), Vitamin B6: 0.37mg (18.44%), Potassium: 617.86mg (17.65%), Zinc: 1.9mg (12.65%), Calcium: 106.59mg (10.66%), Vitamin B5: 0.99mg (9.86%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg

(3.33%)