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## Capellini Pomodoro ♦♦

Capellini Pomodoro is a classic Italian pasta dish made with angel hair pasta, fresh tomatoes, garlic, and basil. It is a light and refreshing dish that is perfect for summer.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 4

**Serving Size:** 63 g

### Ingredients

250 g	capellini pasta
500 g	Tomatoes
4 cloves	garlic
20 g	Basil
2 tbsp	olive oil
1 tsp	salt

0.5 tsp black pepper

## Directions

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### Step 1

Boiling

Cook the capellini pasta according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

Sautéing

Add diced tomatoes to the skillet and cook until they start to soften.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 4

### Mixing

Season with salt and black pepper. Add cooked capellini pasta to the skillet and toss to combine.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

## Step 5

Remove from heat and garnish with fresh basil leaves.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 7 g

**Protein:** 8 g

**Carbohydrates:** 40 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian

French

Mediterranean

### Kitchen Tools

Grill

## Course

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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