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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

Step 1



Cook the capellini pasta according to package instructions.

Prep Time: 5 mins

Cook Time: 5 mins

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

Step 3

Sautéing

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

Prep Time: 2 mins

Cook Time: 3 mins

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

Calories: 250 kcal

Fat: 7 g

Protein: 8 g

Carbohydrates: 40 g

Nutrition Facts

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

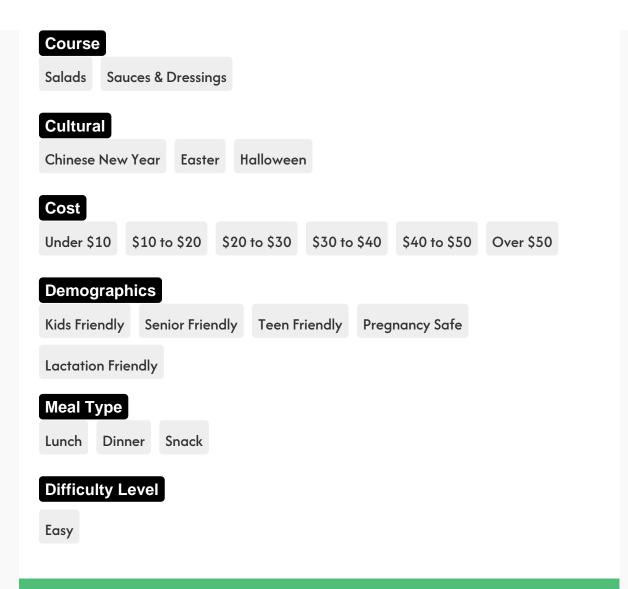
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