



\$4 Spaghetti That's Almost as Good as \$24 Spaghetti

READY IN



180 min.

SERVINGS



6

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil
- ☐ 0.8 cup garlic clove peeled (4 ounces, from 4 heads)
- ☐ 56 ounces roma tomatoes italian with their juices peeled (2 cans)
- ☐ 0.7 cup olive oil extra virgin extra-virgin
- ☐ 6 servings parmesan freshly grated for serving
- ☐ 6 servings pepper freshly ground
- ☐ 6 servings salt
- ☐ 1 pound pasta like spaghetti

☐ 4 ounces mushrooms white thinly sliced

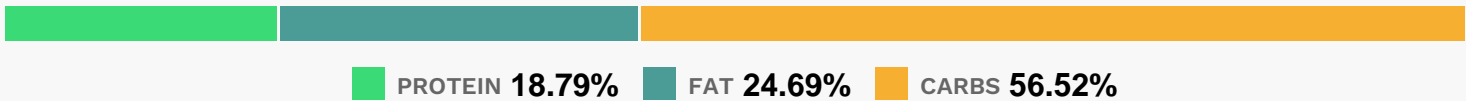
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ In a saucepan, bring the mushrooms and 3 cups of water to a boil. Simmer over moderate heat until the broth is reduced to 1 cup, 1 hour. Strain and discard the mushrooms.
- ☐ Meanwhile, in a small saucepan, bring the garlic and olive oil to a boil. Simmer over moderately low heat, stirring, until the garlic is very tender and golden, about 30 minutes.
- ☐ In a large enameled cast-iron casserole or Dutch oven, bring the tomatoes and the garlic and oil to a boil.
- ☐ Add the mushroom broth and, using an immersion blender, puree the sauce until smooth. Bring the sauce back to a boil, then simmer over moderately low heat until thickened, about 1 hour. Season the sauce with salt and pepper.
- ☐ Cook the spaghetti in a large pot of salted boiling water until al dente.
- ☐ Drain the spaghetti and return to the pot.
- ☐ Add 2 cups of the sauce and cook, tossing, for 1 minute.
- ☐ Transfer the spaghetti to bowls, top with the basil and serve with grated cheese.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:27.4, Inflammation Score:-9, Nutrition Score:27.2147828807%

Flavonoids

Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 518.1kcal (25.9%), Fat: 14.38g (22.12%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 74.04g (24.68%), Net Carbohydrates: 67.86g (24.68%), Sugar: 9.77g (10.85%), Cholesterol: 20.4mg (6.8%), Sodium: 696.15mg (30.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.24%), Selenium: 58.71µg (83.87%), Manganese: 1.32mg (65.94%), Vitamin C: 42.13mg (51.07%), Vitamin A: 2493.21IU (49.86%), Phosphorus: 457.57mg (45.76%), Calcium: 431.25mg (43.13%), Vitamin B6: 0.58mg (28.93%), Vitamin K: 28.98µg (27.6%), Potassium: 955.91mg (27.31%), Copper: 0.5mg (25.02%), Fiber: 6.18g (24.73%), Magnesium: 89.14mg (22.28%), Vitamin B3: 3.75mg (18.75%), Zinc: 2.65mg (17.64%), Vitamin B2: 0.29mg (17.11%), Vitamin E: 2.29mg (15.29%), Vitamin B1: 0.23mg (15.16%), Folate: 59.82µg (14.95%), Iron: 2.4mg (13.31%), Vitamin B5: 1.09mg (10.85%), Vitamin B12: 0.37µg (6.13%), Vitamin D: 0.19µg (1.25%)