






Dinner Tonight: Spaghetti with Late Summer Tomatoes

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

4

CALORIES

526 kcal

[SIDE DISH](#) [LUNCH](#) [MAIN COURSE](#) [MAIN DISH](#)

Ingredients

- 1 large bunch basil chopped
- 1 large bunch basil chopped
- 2 large cloves garlic sliced
- 0.3 cup olive oil plus more for drizzling
- 4 servings salt and pepper
- 0.8 pound pasta like spaghetti
- 1 large onion sweet thinly sliced

3 pounds tomatoes fresh

Equipment

bowl

frying pan

sauce pan

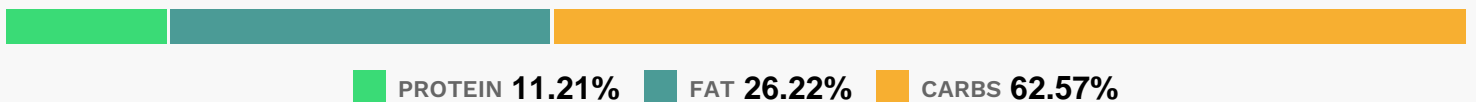
pot

tongs

Directions

- Bring a large pot of salted water to boil and prepare a large bowl with ice water. Score the stem end of the tomatoes with an "x" and plunge them into the boiling water for 10-15 seconds to loosen the skins (do not drain the water, which will be used for cooking the pasta).
- Transfer them to the ice bath to rapidly cool, then slip off the skins, deseed, and chop the flesh.
- In a large saucepan, heat the olive oil over medium heat until shimmering, then add the tomatoes. Cook over medium heat until the tomatoes are significantly broken down and soft, 20-25 minutes.
- Add the onion and garlic to the pan and continue simmering until the onion is soft. Season to taste with salt and pepper. Stir in most of the basil.
- In the meantime, cook the pasta in the boiling water until al dente. Reserve 1 cup of pasta cooking water before draining.
- Add the pasta to the tomato sauce and toss well with tongs to combine. Taste and adjust the seasonings and transfer to serving plates. Top with the remaining basil and a drizzle of olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:29.18, Inflammation Score:-10, Nutrition Score:26.649565116219%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 14.01mg, Quercetin: 14.01mg, Quercetin: 14.01mg

Nutrients (% of daily need)

Calories: 525.74kcal (26.29%), Fat: 15.56g (23.94%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 83.59g (27.86%), Net Carbohydrates: 75.95g (27.62%), Sugar: 15.4g (17.11%), Cholesterol: 0mg (0%), Sodium: 223.21mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.93%), Selenium: 54.39µg (77.7%), Manganese: 1.3mg (65.11%), Vitamin C: 51.77mg (62.75%), Vitamin A: 3045.78IU (60.92%), Vitamin K: 51.96µg (49.49%), Potassium: 1112.38mg (31.78%), Fiber: 7.64g (30.58%), Phosphorus: 269.27mg (26.93%), Vitamin B6: 0.53mg (26.26%), Vitamin E: 3.92mg (26.16%), Copper: 0.51mg (25.64%), Magnesium: 92.88mg (23.22%), Folate: 88.14µg (22.03%), Vitamin B3: 3.62mg (18.12%), Vitamin B1: 0.24mg (16.05%), Iron: 2.47mg (13.72%), Zinc: 1.94mg (12.9%), Vitamin B2: 0.14mg (8.05%), Calcium: 78.48mg (7.85%), Vitamin B5: 0.77mg (7.68%)