



Dinner Tonight: Spicy Roasted Tomato and Pepper Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cloves garlic peeled chopped
- ☐ 4 tablespoons olive oil
- ☐ 4 servings parmesan to taste
- ☐ 1 pound soup noodles such as rotini or fusilli
- ☐ 0.5 teaspoon pepper dried red hot
- ☐ 4 servings salt and pepper to taste
- ☐ 1.5 pounds tomatoes

☐ 2 bell pepper red yellow

Equipment

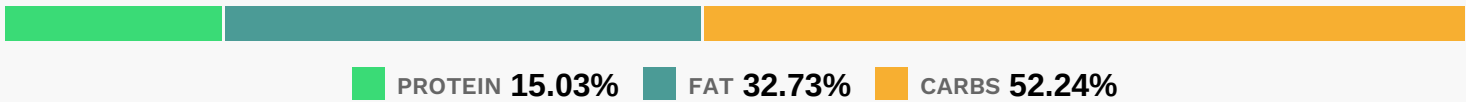
☐ frying pan

☐ pot

Directions

- ☐ Heat 3 tablespoons of the oil in a medium skillet, and cook the garlic and chili flakes over medium-low heat until fragrant, about 2 minutes.
- ☐ Add the tomato flesh and season with salt and pepper. Raise the heat to medium and cook until the sauce thickens, then blend or pass through a food mill.
- ☐ Heat the remaining oil in a second skillet and add the peppers, allowing their smoky flavor to penetrate the oil, about 2–3 minutes over medium heat.
- ☐ Add the peppers and oil to the tomato sauce, and bring to a low simmer.
- ☐ In the meantime, bring a pot of salty water to boil. Cook the pasta until al dente, reserving some pasta water. Toss with the sauce along with the butter, adding pasta water if the pasta is too dry.
- ☐ Serve with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:36.93, Inflammation Score:-10, Nutrition Score:31.493912759035%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 736.19kcal (36.81%), Fat: 26.86g (41.33%), Saturated Fat: 9.06g (56.61%), Carbohydrates: 96.47g (32.16%), Net Carbohydrates: 89.43g (32.52%), Sugar: 10.28g (11.42%), Cholesterol: 27.92mg (9.31%), Sodium: 719.22mg (31.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.51%), Vitamin C: 99.93mg (121.13%), Selenium: 78.78µg (112.54%), Vitamin A: 3675.88IU (73.52%), Manganese: 1.34mg (66.81%), Phosphorus: 482.7mg (48.27%), Calcium: 404.83mg (40.48%), Vitamin E: 4.24mg (28.29%), Fiber: 7.04g (28.15%), Vitamin B6: 0.52mg (26.07%), Magnesium: 99.97mg (24.99%), Vitamin K: 25.94µg (24.7%), Potassium: 821.06mg (23.46%), Copper: 0.45mg (22.75%), Zinc: 2.89mg (19.29%), Folate: 75.62µg (18.9%), Vitamin B3: 3.64mg (18.21%), Vitamin B2: 0.26mg (15.04%), Iron: 2.58mg (14.36%), Vitamin B1: 0.21mg (14.17%), Vitamin B5: 0.98mg (9.8%), Vitamin B12: 0.37µg (6.1%)