






 **75%**
HEALTH SCORE

Spaghetti with Tomatoes and Garlic-Basil Oil

 Very Healthy

READY IN

25 min.

SERVINGS

2

CALORIES

898 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- 8 oz pasta like spaghetti uncooked
- 0.3 cup olive oil
- 4 cloves garlic thinly sliced
- 0.5 cup basil fresh packed
- 1 teaspoon pepper red crushed
- 28 oz canned tomatoes diced organic undrained canned
- 1 serving salt to taste
- 0.5 cup parmesan freshly grated

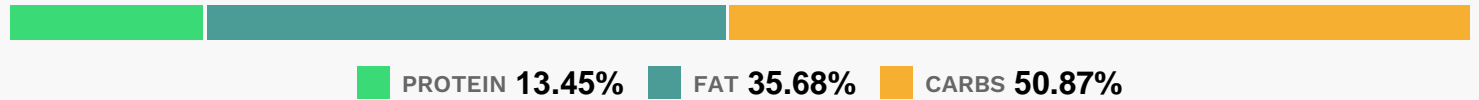
Equipment

- bowl
- sauce pan
- dutch oven

Directions

- In 4-quart Dutch oven, cook spaghetti as directed on package.
- Meanwhile, in 1-quart saucepan, heat oil, garlic, basil and pepper flakes over low heat 10 minutes to infuse flavor into the oil. Strain oil; keep oil warm. Discard garlic, basil and pepper flakes.
- Drain cooked spaghetti. Return spaghetti to Dutch oven; place over medium heat.
- Add tomatoes; toss until thoroughly heated. Season to taste with salt.
- Divide spaghetti into 2 individual pasta bowls.
- Drizzle each serving with warm oil; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:103.5, Glycemic Load:42.99, Inflammation Score:-9, Nutrition Score:40.294347599797%

Flavonoids

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 897.53kcal (44.88%), Fat: 36.49g (56.14%), Saturated Fat: 8.33g (52.09%), Carbohydrates: 117.05g (39.02%), Net Carbohydrates: 105.32g (38.3%), Sugar: 20.84g (23.16%), Cholesterol: 17mg (5.67%), Sodium: 1046.3mg (45.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.88%), Selenium: 80.75µg (115.35%), Manganese: 1.96mg (97.88%), Vitamin E: 9.46mg (63.09%), Vitamin K: 63.89µg (60.84%), Copper: 1.11mg (55.66%), Phosphorus: 530.37mg (53.04%), Calcium: 479.87mg (47.99%), Vitamin C: 39.47mg (47.85%), Fiber:

11.74g (46.96%), Vitamin B6: 0.88mg (44.19%), Potassium: 1500.33mg (42.87%), Iron: 7.46mg (41.42%), Magnesium: 157.31mg (39.33%), Vitamin B3: 7.06mg (35.29%), Vitamin A: 1662.11IU (33.24%), Vitamin B1: 0.43mg (28.4%), Zinc: 3.52mg (23.46%), Vitamin B2: 0.38mg (22.23%), Folate: 78.3µg (19.57%), Vitamin B5: 1.76mg (17.63%), Vitamin B12: 0.3µg (5%)