



Fire-Roasted Tomato and Spinach Pasta

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 6 ounces linguine pasta
- ☐ 3 servings salt and pepper to taste
- ☐ 9 ounce creamed spinach frozen thawed

Equipment

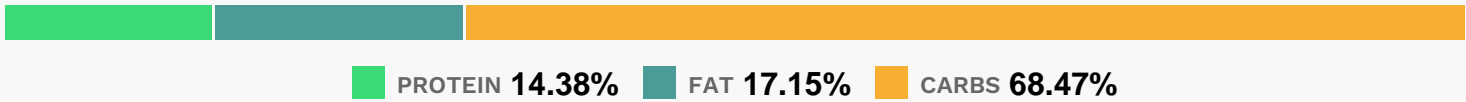
- ☐ sauce pan

- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes.
- ☐ Drain well in a colander set in the sink.
- ☐ Meanwhile, heat the olive oil in a large saucepan over medium heat. Stir in the garlic, and cook until softened, about 3 minutes. Stir in the fire-roasted tomatoes and bring to a simmer. Cook 1 minute before adding the creamed spinach. Cook and stir 5 minutes; season to taste with salt and pepper. Stir the drained linguine into the tomato sauce before serving.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:17.69, Inflammation Score:-10, Nutrition Score:25.795652130376%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 307.15kcal (15.36%), Fat: 5.87g (9.03%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 47.93g (17.43%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 476mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin K: 413.7µg (394%), Vitamin A: 8523.37IU (170.47%), Manganese: 1.33mg (66.67%), Selenium: 37.11µg (53.02%), Folate: 175.29µg (43.82%), Vitamin C: 27.3mg (33.09%), Magnesium: 97.99mg (24.5%), Iron: 3.86mg (21.45%), Fiber: 4.8g (19.21%), Potassium: 613.13mg (17.52%), Vitamin E: 2.46mg (16.42%), Phosphorus: 153.43mg (15.34%), Calcium: 142.81mg (14.28%), Vitamin B6: 0.28mg (14.18%), Copper: 0.28mg (14.18%), Vitamin B2: 0.2mg (11.65%), Zinc: 1.29mg (8.57%), Vitamin B1: 0.12mg (8.22%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.32mg (3.18%)