



Fried Spaghetti with a Roasted Tomato Sauce



Vegetarian



Dairy Free



Very Healthy

READY IN



180 min.

SERVINGS



2

CALORIES



921 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon cayenne pepper to taste (or)
- ☐ 4 egg whites
- ☐ 1.5 cup flour
- ☐ 3 basil leaves fresh
- ☐ 1 can rosemary leaves fresh minced
- ☐ 1 clove garlic cloves minced peeled
- ☐ 2 tablespoon garlic salt
- ☐ 1 tablespoon olive oil

- ☐ 1 pinch oregano leaves fresh
- ☐ 0.3 cup paprika
- ☐ 3 roma tomatoes
- ☐ 2 teaspoon salt
- ☐ 0.5 pound died spaghetti

Equipment

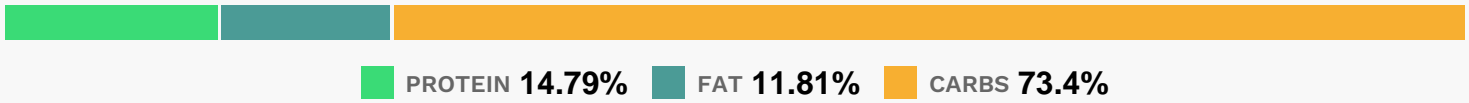
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ deep fryer

Directions

- ☐ Place the tomatoes, garlic, ½ of the Aji Mirasol and olive oil in an oven safe pan and cook covered at 225 degrees F. for 2 hours
- ☐ Remove them from the pan and carefully peel away their skins, adding them to a small sauce pan as you work.
- ☐ Mix flour, paprika, garlic salt, the remaining Aji Mirasol and cayenne together in a medium bowl.
- ☐ Mix the egg whites together with about 1 tablespoon water in a separate bowl. Fry the spaghetti: add the cooked and cooled spaghetti to the bowl with the egg whites.
- ☐ Mix well so that all the strands are well coated. You may work with individual strands of spaghetti dredging each one into the dredging flour and getting it well coated before dropping it into the deep fryer. Or you may do what I did (this was not in Eric original recipe) and divide the noodles into two portions and form a nest shape of cooked noodles.
- ☐ Add each nest separately to the flour mixture and get it well coated with flour. Drop the entire nest into the oil and fry it until golden brown. Whichever method you choose, move the fried spaghetti to a paper towel lined plate to drain.

Serve with the tomato sauce immediately. I liked the nest method because after adding the sauce the the center of the nest the chunky tomato stayed in the nest and the saucy liquid seeped out forming a pretty presentation.

Nutrition Facts



Properties

Glycemic Index:153.5, Glycemic Load:87.51, Inflammation Score:-10, Nutrition Score:40.345652429954%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg 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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 920.96kcal (46.05%), Fat: 12.13g (18.67%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 169.63g (56.54%), Net Carbohydrates: 156.83g (57.03%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 9425.34mg (409.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.35%), Vitamin A: 8511.49IU (170.23%), Selenium: 116.76µg (166.8%), Manganese: 2.12mg (105.99%), Vitamin B1: 0.93mg (62.07%), Vitamin B2: 1mg (59.08%), Folate: 218.71µg (54.68%), Iron: 9.39mg (52.15%), Fiber: 12.8g (51.2%), Vitamin B3: 9.68mg (48.38%), Vitamin E: 6.38mg (42.54%), Phosphorus: 399.64mg (39.96%), Copper: 0.65mg (32.64%), Vitamin B6: 0.65mg (32.58%), Magnesium: 126.97mg (31.74%), Potassium: 1043.3mg (29.81%), Vitamin K: 27.63µg (26.31%), Zinc: 3.13mg (20.87%), Vitamin C: 15.46mg (18.74%), Vitamin B5: 1.45mg (14.5%), Calcium: 97.98mg (9.8%)