



Garlic Spaghetti I



Vegetarian



Vegan



Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

4

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CALORIES

calories

357 kcal

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SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 3 tablespoons garlic minced
- ☐ 4 tablespoons olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 8 ounces pasta like spaghetti

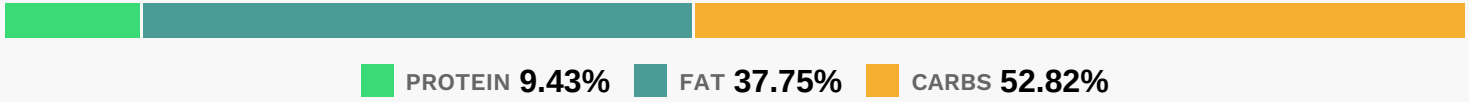
Equipment

- ☐ sauce pan

Directions

- ☐ In a sauce pan, heat the oil and add the garlic, cook but do not let garlic brown. Stir in the tomato sauce and oregano. Cover and simmer for about 20 minutes.
- ☐ Wile the sauce is simmering, cook spaghetti as per package directions and drain.
- ☐ Pour sauce over cooked spaghetti and serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:18.55, Inflammation Score:-5, Nutrition Score:10.45304360597%

Flavonoids

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: 0.02mg, 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: 356.99kcal (17.85%), Fat: 15.06g (23.17%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 44.58g (16.21%), Sugar: 3.6g (4%), Cholesterol: 0mg (0%), Sodium: 273.49mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Selenium: 37.03µg (52.9%), Manganese: 0.69mg (34.36%), Vitamin E: 2.92mg (19.48%), Phosphorus: 131.83mg (13.18%), Copper: 0.25mg (12.39%), Fiber: 2.84g (11.38%), Vitamin B6: 0.21mg (10.59%), Vitamin K: 10.95µg (10.43%), Magnesium: 40.39mg (10.1%), Potassium: 320.61mg (9.16%), Iron: 1.51mg (8.38%), Vitamin B3: 1.57mg (7.87%), Vitamin C: 5.84mg (7.08%), Zinc: 1mg (6.65%), Vitamin B1: 0.08mg (5.12%), Vitamin A: 248.17IU (4.96%), Vitamin B2: 0.08mg (4.6%), Vitamin B5: 0.46mg (4.56%), Folate: 15.78µg (3.95%), Calcium: 32.84mg (3.28%)