



Hero Spaghetti Hoops

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium carrots finely chopped
- 1 stalk celery chopped
- 2 cloves garlic crushed
- 1 tbsp olive oil
- 1 onion chopped
- 4 servings grinding of pepper black good freshly ground
- 1 roasted pepper red chopped
- 2 tsp sugar

- 3 tbsp tomato purée
- 400 g tomatoes chopped
- 4 servings splash of water good

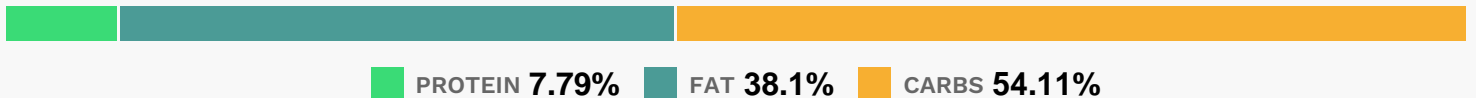
Equipment

- food processor
- immersion blender

Directions

- Saute the onion and garlic in the olive oil until the onion starts to soften.
- Add the carrot and celery and cook gently for a few minutes until they too start to soften. If it starts to stick you could add a little water.
- Add all the other ingredients and simmer gently for 15–20 minutes.
- Whizz the sauce until smooth. You could use an electric hand blender or a food processor.
- Add a little more water if it needs it. This sauce should be a bit thinner than most sauces.
- Serve mixed through freshly cooked pasta.
- Enjoy!

Nutrition Facts



Properties

Glycemic Index:68.98, Glycemic Load:3.74, Inflammation Score:-9, Nutrition Score:9.646521827449%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 84.39kcal (4.22%), Fat: 3.85g (5.93%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 9.66g (3.51%), Sugar: 7.34g (8.16%), Cholesterol: 0mg (0%), Sodium: 166.81mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin A: 3536.1IU (70.72%), Vitamin C: 22.99mg (27.86%), Vitamin K: 15.66µg (14.91%), Manganese: 0.25mg (12.73%), Potassium: 425.56mg (12.16%), Fiber: 2.65g (10.6%), Vitamin B6: 0.19mg (9.6%), Vitamin E: 1.42mg (9.44%), Copper: 0.17mg (8.52%), Folate: 29.58µg (7.4%), Magnesium: 23.37mg (5.84%), Vitamin B3: 1.05mg (5.23%), Phosphorus: 48.82mg (4.88%), Vitamin B1: 0.07mg (4.68%), Calcium: 41.62mg (4.16%), Iron: 0.74mg (4.09%), Vitamin B2: 0.06mg (3.27%), Vitamin B5: 0.26mg (2.56%), Zinc: 0.37mg (2.46%)