



## No-Cook Spaghetti Sauce

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



257 kcal

SAUCE

### Ingredients

- 8 servings pepper black to taste
- 20 basil leaves fresh
- 3 cloves garlic minced
- 0.5 cup olive oil
- 16 ounce soup noodles dry
- 12 plum tomatoes finely chopped
- 1 medium bell pepper red seeded chopped
- 1 teaspoon salt

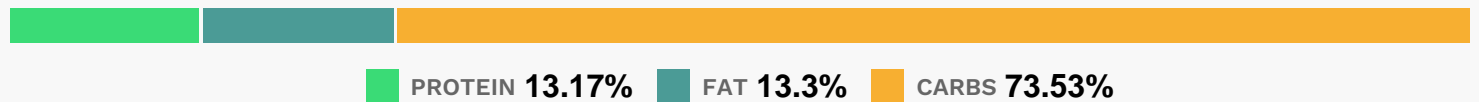
# Equipment

- bowl
- pot

# Directions

- In a large bowl, stir together the tomatoes, garlic, red pepper, and basil.
- Drizzle with olive oil, and season with salt and pepper.
- Mix well, and let stand for at least one hour at room temperature to blend the flavors.
- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook until al dente, about 8 minutes.
- Drain, and serve topped with sauce.

# Nutrition Facts



# Properties

Glycemic Index:30.5, Glycemic Load:18.28, Inflammation Score:-8, Nutrition Score:12.579130297122%

# Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

# Nutrients (% of daily need)

Calories: 256.99kcal (12.85%), Fat: 3.8g (5.85%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 47.31g (15.77%), Net Carbohydrates: 44.01g (16%), Sugar: 4.6g (5.11%), Cholesterol: 0mg (0%), Sodium: 299.64mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.95%), Selenium: 36.02µg (51.45%), Vitamin C: 32.31mg (39.17%), Manganese: 0.69mg (34.32%), Vitamin A: 1293.82IU (25.88%), Phosphorus: 135.79mg (13.58%), Vitamin K: 14.09µg (13.42%), Fiber: 3.31g (13.23%), Copper: 0.23mg (11.5%), Potassium: 387.11mg (11.06%), Magnesium: 43.17mg (10.79%), Vitamin B6: 0.21mg (10.7%), Vitamin B3: 1.68mg (8.4%), Vitamin E: 1.2mg (7.99%), Folate: 31.73µg (7.93%), Zinc: 1.02mg (6.79%), Vitamin B1: 0.1mg (6.41%), Iron: 1.13mg (6.28%), Vitamin B2: 0.07mg (3.91%), Vitamin B5:

0.38mg (3.84%), Calcium: 26.7mg (2.67%)