



 **55%**
HEALTH SCORE

One Pot Pasta

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce tomato sauce canned
- 29 ounce canned tomatoes diced canned
- 2 teaspoons basil dried
- 1 cup mushrooms fresh sliced
- 1 cup mushrooms fresh sliced
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 8 ounces .5 oz. macaroni

- 8 ounces .5 oz. macaroni
- 1 teaspoon olive oil
- 0.5 cup onion sliced
- 1 teaspoon oregano dried
- 1 cup water
- 1 teaspoon granulated sugar white

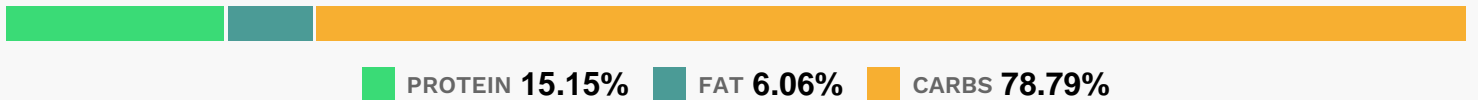
Equipment

- frying pan

Directions

- Spray a large nonstick skillet with nonstick cooking spray.
- Add oil, and heat over a medium flame.
- Add onion and mushrooms. Cook, stirring frequently, for 3 to 5 minutes, until tender.
- Add tomatoes, tomato sauce, water, sugar, and spices to skillet. When mixture begins to boil, stir in pasta. Cover, reduce heat to medium-low, and cook 20 minutes. Stir mixture every 4 to 5 minutes while cooking.

Nutrition Facts



Properties

Glycemic Index:71.52, Glycemic Load:6.67, Inflammation Score:-8, Nutrition Score:29.20130414289%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 534.76kcal (26.74%), Fat: 3.69g (5.68%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 107.9g (35.97%), Net Carbohydrates: 98.24g (35.72%), Sugar: 16.92g (18.8%), Cholesterol: 0mg (0%), Sodium: 553.69mg (24.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.49%), Selenium: 77.9µg (111.28%), Manganese: 1.62mg (80.84%), Copper: 0.96mg (47.77%), Fiber: 9.65g (38.62%), Potassium: 1228.71mg (35.11%), Phosphorus: 345.57mg (34.56%), Vitamin B3: 6.81mg (34.04%), Iron: 5.63mg (31.3%), Vitamin C: 25.38mg (30.77%), Vitamin B6: 0.61mg (30.71%), Magnesium: 121.89mg (30.47%), Vitamin E: 3.81mg (25.4%), Vitamin B2: 0.42mg (24.67%), Vitamin K: 25.16µg (23.96%), Vitamin B1: 0.32mg (21.34%), Vitamin B5: 1.99mg (19.9%), Zinc: 2.62mg (17.5%), Folate: 67.04µg (16.76%), Vitamin A: 700.71IU (14.01%), Calcium: 129.35mg (12.94%)