



Pasta Al Pomodoro

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 large basil fresh
- ☐ 28 ounce canned tomatoes peeled canned
- ☐ 4 garlic clove minced
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 medium onion minced
- ☐ 0.3 cup pecorino cheese finely grated
- ☐ 1 pinch pepper red crushed

☐ 2 tablespoons butter unsalted cubed

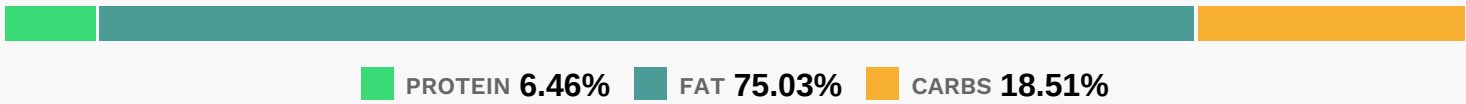
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat extra-virgin olive oil in a 12" skillet over medium-low heat.
- ☐ Add minced onion and cook, stirring, until soft, about 12 minutes.
- ☐ Add garlic and cook, stirring, for 2-4 minutes.
- ☐ Add crushed red pepper flakes; cook for 1 minute more. Increase heat to medium, add puréed tomatoes and season lightly with kosher salt; cook, stirring occasionally, until sauce thickens slightly and the flavors meld, about 20 minutes.
- ☐ Remove pan from heat, stir in basil sprigs, and set aside.
- ☐ Meanwhile, bring water to a boil in a 5-quart pot. Season with salt; add spaghetti or bucatini and cook, stirring occasionally, until about 2 minutes before tender.
- ☐ Drain pasta, reserving 1/2 cup pasta cooking water.
- ☐ Discard basil and heat skillet over high heat. Stir in reserved pasta water to loosen sauce; bring to a boil.
- ☐ Add pasta and cook, stirring, until sauce coats pasta and pasta is al dente, about 2 minutes.
- ☐ Remove pan from heat; add butter and cheese; toss until cheese melts.
- ☐ Transfer to warm bowls; serve with more cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:9.3486957575964%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 243.06kcal (12.15%), Fat: 21.17g (32.57%), Saturated Fat: 6.58g (41.12%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 9.22g (3.35%), Sugar: 5.97g (6.64%), Cholesterol: 21.55mg (7.18%), Sodium: 555.64mg (24.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin C: 21.48mg (26.04%), Vitamin E: 3.49mg (23.27%), Vitamin K: 15.94µg (15.18%), Vitamin B6: 0.3mg (14.85%), Calcium: 142.32mg (14.23%), Potassium: 433.86mg (12.4%), Manganese: 0.24mg (12.22%), Iron: 2.17mg (12.08%), Fiber: 2.53g (10.11%), Phosphorus: 99.69mg (9.97%), Vitamin A: 457.11IU (9.14%), Vitamin B2: 0.15mg (8.58%), Copper: 0.16mg (8.06%), Vitamin B3: 1.48mg (7.4%), Vitamin B1: 0.11mg (7.39%), Magnesium: 28.27mg (7.07%), Folate: 22.05µg (5.51%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.32mg (3.21%), Selenium: 1.74µg (2.49%), Vitamin B12: 0.08µg (1.37%)