



Pasta Al Pomodoro

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 large basil fresh
- ☐ 12 ounces pasta like spaghetti
- ☐ 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

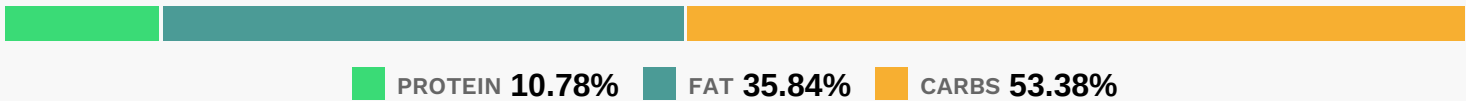
Equipment

- ☐ 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:49, Glycemic Load:26.44, Inflammation Score:-7, Nutrition Score:18.791739062123%

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: 558.59kcal (27.93%), Fat: 22.45g (34.54%), Saturated Fat: 6.81g (42.59%), Carbohydrates: 75.26g (25.09%), Net Carbohydrates: 70.01g (25.46%), Sugar: 8.24g (9.16%), Cholesterol: 21.55mg (7.18%), Sodium: 560.74mg (24.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.38%), Selenium: 55.5µg (79.28%), Manganese: 1.02mg (51.21%), Phosphorus: 260.43mg (26.04%), Vitamin C: 21.48mg (26.04%), Vitamin E: 3.58mg (23.89%), Fiber: 5.25g (21%), Vitamin B6: 0.42mg (20.89%), Copper: 0.41mg (20.35%), Magnesium: 73.34mg (18.34%), Iron: 3.28mg (18.22%), Potassium: 623.52mg (17.81%), Calcium: 160.18mg (16.02%), Vitamin K: 16.03µg (15.26%), Vitamin B3: 2.92mg (14.63%), Vitamin B1: 0.19mg (12.49%), Vitamin B2: 0.2mg (11.58%), Zinc: 1.73mg (11.53%), Folate: 37.36µg (9.34%), Vitamin A: 457.11IU (9.14%), Vitamin B5: 0.69mg (6.87%), Vitamin B12: 0.08µg (1.37%)