

Pasta Arrabbiata

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 5 cloves garlic minced
- ☐ 0.5 teaspoons oregano leaves dried
- ☐ 0.5 cup parmigiano-reggiano cheese shredded
- ☐ 1 pound penne pasta dry uncooked
- ☐ 28 oz hunt's petite tomatoes diced undrained canned
- ☐ 2 teaspoons pepper flakes red crushed
- ☐ 0.3 teaspoons salt
- ☐ 29 oz hunt's tomato puree canned

☐ 0.5 cup virgin olive oil

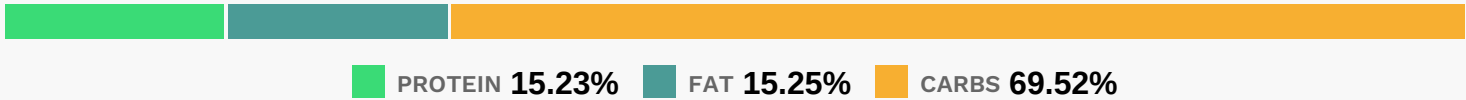
Equipment

☐ sauce pan

Directions

- ☐ Hands On: 10 minutes Total: 40 minutes
- ☐ Heat oil in large saucepan over medium heat 1 minute.
- ☐ Add garlic; cook 3 minutes, or until golden brown, stirring occasionally. Stir in tomato puree and diced tomatoes with their juice. Bring to a boil, stirring occasionally. Reduce heat to low; stir in crushed red pepper, oregano and salt. Cook 20 minutes, stirring occasionally. Cook pasta in large saucepan according to package directions while sauce is cooking.
- ☐ Drain, reserving 1/2 cup of the cooking water. Return pasta and the reserved cooking water to same saucepan; stir in cheese. Set aside. Stir basil into prepared sauce.
- ☐ Remove 2 cups of sauce.
- ☐ Add to pasta mixture; mix lightly. Spoon onto serving platter; top with the remaining sauce.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:19.11, Inflammation Score:-8, Nutrition Score:19.96391312778%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 333.15kcal (16.66%), Fat: 5.83g (8.96%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 59.76g (19.92%), Net Carbohydrates: 53.66g (19.51%), Sugar: 10.95g (12.17%), Cholesterol: 4.25mg (1.42%), Sodium: 345.99mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.09g (26.18%), Manganese: 1.28mg (63.79%), Selenium: 38.71µg (55.3%), Copper: 0.65mg (32.67%), Vitamin E: 4mg (26.7%), Potassium: 894.02mg (25.54%), Vitamin C: 20.16mg (24.44%), Fiber: 6.1g (24.41%), Iron: 4.15mg (23.07%), Phosphorus: 226.15mg (22.61%),

Magnesium: 79.46mg (19.87%), Vitamin A: 977.19IU (19.54%), Vitamin B6: 0.38mg (19%), Vitamin B3: 3.78mg (18.9%), Vitamin K: 15.85µg (15.09%), Calcium: 147.14mg (14.71%), Vitamin B2: 0.2mg (11.52%), Zinc: 1.65mg (11.03%), Vitamin B1: 0.16mg (10.42%), Vitamin B5: 1.01mg (10.11%), Folate: 35.95µg (8.99%), Vitamin B12: 0.08µg (1.25%)