



Pasta Pepporanata

READY IN



35 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 garlic cloves minced
- ☐ 3 Tablespoons olive oil (I Used Only 2)
- ☐ 1 cup onion sliced
- ☐ 0.3 cup parmesan cheese grated (Optional, So I Omitted It)
- ☐ 4 servings salt and pepper to taste
- ☐ 8 Ounces warm spaghetti whole cooked (I Used Barilla Grain Spaghetti)
- ☐ 3 Tablespoons water

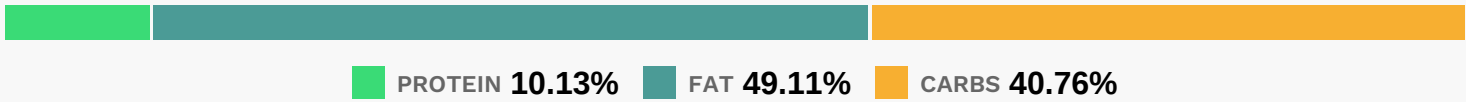
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook pasta according to the package directions. I didn't have a tall saucepan to cook the spaghetti, so I broke it into half. I cooked it for 8 minutes and it had the perfect texture.
- ☐ Saute peppers, onions and garlic in oil in large skillet for 2 to 3 minutes.
- ☐ Add water; cook covered, over medium-high heat until soft, 2 to 3 minutes.Stir in sugar; cook, uncovered, over medium-low heat until mixture is very soft and browned, about 20 minutes.Season to taste with salt and pepper.Toss with spaghetti; sprinkle with cheese if desired.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:9.37, Inflammation Score:-3, Nutrition Score:5.9130435333304%

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 Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 233.66kcal (11.68%), Fat: 12.85g (19.77%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 22.17g (8.06%), Sugar: 2.08g (2.31%), Cholesterol: 5.44mg (1.81%), Sodium: 307.12mg (13.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Selenium: 18.21µg (26.01%), Manganese: 0.34mg (17.02%), Vitamin E: 1.59mg (10.6%), Phosphorus: 93.29mg (9.33%), Calcium: 79.84mg (7.98%), Vitamin B6: 0.16mg (7.76%), Fiber: 1.83g (7.31%), Vitamin K: 6.69µg (6.37%), Vitamin C: 4.83mg (5.86%), Iron: 1mg (5.56%), Copper: 0.09mg (4.73%), Zinc: 0.7mg (4.66%), Magnesium: 18.01mg (4.5%), Potassium: 119.05mg (3.4%), Folate: 12.12µg (3.03%), Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.9%), Vitamin B5: 0.17mg (1.69%), Vitamin B3: 0.32mg (1.6%), Vitamin B12: 0.08µg (1.41%), Vitamin A: 55.4IU (1.11%)