

Pasta Pomodoro

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 28 ounce canned tomatoes whole peeled canned
- 12 basil leaves fresh
- 2 cloves garlic sliced
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1 pound soup noodles dried
- 1 teaspoon sugar

Equipment

- sauce pan
- wooden spoon

Directions

- Cook the pasta according to the package directions.
- Heat the oil in a large saucepan over medium heat.
- Add the garlic and cook until light brown, about 1 minute.
- Add the tomatoes and their juices, salt, pepper, and sugar. Bring to a boil. Reduce heat and simmer, crushing the tomatoes with a wooden spoon, until the sauce thickens slightly, about 10 minutes. Stir in the basil. Toss with the cooked pasta.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:34.9, Inflammation Score:-6, Nutrition Score:19.433913147968%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 492.06kcal (24.6%), Fat: 5.49g (8.45%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 94.22g (31.41%), Net Carbohydrates: 88.52g (32.19%), Sugar: 8.77g (9.74%), Cholesterol: 0mg (0%), Sodium: 872.36mg (37.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.48g (32.96%), Selenium: 72.1µg (102.99%), Manganese: 1.25mg (62.45%), Phosphorus: 255.19mg (25.52%), Copper: 0.48mg (23.8%), Vitamin C: 19.14mg (23.2%), Fiber: 5.7g (22.78%), Magnesium: 83.3mg (20.83%), Vitamin B6: 0.4mg (20.11%), Iron: 3.5mg (19.44%), Potassium: 637.35mg (18.21%), Vitamin B3: 3.36mg (16.82%), Vitamin E: 1.99mg (13.27%), Vitamin B1: 0.19mg (12.99%), Zinc: 1.91mg (12.71%), Vitamin K: 13.19µg (12.56%), Vitamin B2: 0.18mg (10.6%), Folate: 37.17µg (9.29%), Calcium: 91.13mg (9.11%), Vitamin B5: 0.74mg (7.36%), Vitamin A: 296.3IU (5.93%)