



WHATSheATE



Pasta with Roasted-Tomato Meat Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 3 fillet oil-packed anchovies canned drained chopped in oil
- ☐ 1 pint cherry tomatoes
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup sherry dry
- ☐ 0.3 cup basil fresh
- ☐ 1 tablespoon garlic minced
- ☐ 9 ounces ground pork 80% lean
- ☐ 0.5 teaspoon kosher salt

- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 2 teaspoons butter unsalted

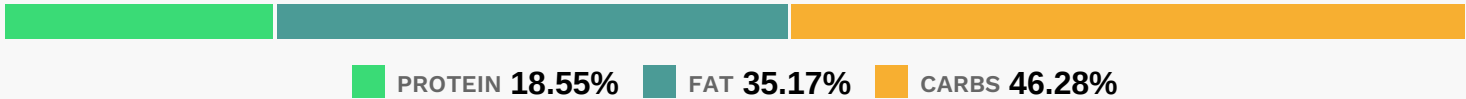
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place cherry tomatoes on a jelly-roll pan.
- ☐ Bake at 400 for 12 minutes or until tomatoes are lightly browned.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Melt the butter in a large skillet over medium-high heat.
- ☐ Add pork, garlic, salt, pepper, and anchovies to pan; cook 4 minutes or until pork is browned, stirring to crumble.
- ☐ Add sherry to pan; cook 30 seconds, scraping pan to loosen browned bits.
- ☐ Add tomatoes and vinegar; cook 2 minutes or until tomatoes release their liquid and sauce is slightly thickened.
- ☐ Combine pasta and sauce in a large bowl; toss to coat.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:17.79, Inflammation Score:-7, Nutrition Score:18.157391396554%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 440.51kcal (22.03%), Fat: 16.66g (25.63%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 49.32g (16.44%), Net Carbohydrates: 46.52g (16.92%), Sugar: 5.54g (6.16%), Cholesterol: 51.94mg (17.31%), Sodium: 377.25mg (16.4%), Alcohol: 1.54g (100%), Alcohol %: 0.73% (100%), Protein: 19.77g (39.54%), Selenium: 53.01µg (75.73%), Vitamin B1: 0.57mg (37.81%), Manganese: 0.73mg (36.62%), Vitamin C: 28.31mg (34.32%), Phosphorus: 262.89mg (26.29%), Vitamin B6: 0.46mg (22.99%), Vitamin B3: 4.58mg (22.92%), Potassium: 606.82mg (17.34%), Zinc: 2.46mg (16.39%), Vitamin A: 799.13IU (15.98%), Copper: 0.3mg (15.04%), Magnesium: 57.44mg (14.36%), Iron: 2.35mg (13.05%), Vitamin B2: 0.22mg (13.03%), Fiber: 2.8g (11.18%), Vitamin K: 10.22µg (9.73%), Vitamin B5: 0.86mg (8.57%), Vitamin B12: 0.46µg (7.62%), Folate: 30.25µg (7.56%), Vitamin E: 0.92mg (6.11%), Calcium: 46.44mg (4.64%)