



Penne Arrabiata

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz canned tomatoes whole chopped canned
- 3 tablespoons parsley fresh minced
- 2 Cloves garlic minced
- 2 tablespoons olive oil
- 14 oz penne pasta (pasta quills)
- 2 bell pepper dried red

Equipment

- pot

Directions

- Bring a large pot of water to a boil.
- Saute about 1 teaspoon of dried red pepper in a 3 tbsp. olive oil.
- Add 5 cloves fresh minced garlic, 2 tbsp. Fresh Italian parsley, minced. When these ingredients are not, but not smoking, add 1 can tomatoes, chopped. (I like Pomi tomatoes which comes in a box). Stir, cover and cook until the sauce is heated. Cook the Penne in salted boiling water. Cook until al dente.
- Drain and add to sauce.
- Mix thoroughly Just before serving, add some coarsely chopped fresh basil and a little more parsley.
- Serve immediately.

Nutrition Facts

 PROTEIN **12.42%**  FAT **17.02%**  CARBS **70.56%**

Properties

Glycemic Index:34, Glycemic Load:30.7, Inflammation Score:-9, Nutrition Score:25.101304347826%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 466.25kcal (23.31%), Fat: 8.84g (13.6%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 82.48g (27.49%), Net Carbohydrates: 76.89g (27.96%), Sugar: 7.63g (8.48%), Cholesterol: 0mg (0%), Sodium: 157.37mg (6.84%), Protein: 14.51g (29.03%), Vitamin C: 90.18mg (109.3%), Selenium: 63.09µg (90.12%), Vitamin K: 59.43µg (56.6%), Manganese: 1.09mg (54.28%), Vitamin A: 2236.04IU (44.72%), Phosphorus: 226.56mg (22.66%), Vitamin B6: 0.45mg (22.47%), Fiber: 5.58g (22.33%), Copper: 0.38mg (18.84%), Vitamin E: 2.78mg (18.53%), Magnesium: 72.91mg (18.23%), Potassium: 562.72mg (16.08%), Iron: 2.79mg (15.52%), Vitamin B3: 3.05mg (15.25%), Folate: 58.06µg (14.51%), Zinc: 1.74mg (11.61%), Vitamin B1: 0.17mg (11.55%), Vitamin B2: 0.17mg (10.07%), Vitamin B5: 0.76mg (7.58%), Calcium: 63.78mg (6.38%)