



## Penne Rigate Arrabiata

READY IN



25 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper red crushed
- 8 basil fresh thinly sliced
- 0.8 teaspoon kosher salt
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup parmesan fresh shredded
- 12 ounces penne pasta whole-wheat with ridges) (tube-shaped uncooked
- 26.5 ounce tomatoes (such as Pomi)

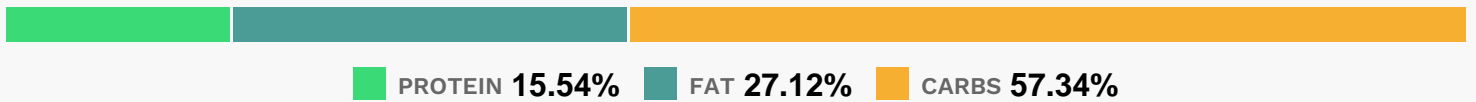
### Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Heat a large deep saucepan over medium-high heat.
- Add tomatoes, oil, salt, and pepper flakes to pan; bring to a boil. Reduce heat, and simmer until very thick (about 20 minutes), whisking frequently to prevent sticking.
- Cook pasta according to package directions; drain.
- Transfer pasta to serving bowls; top with tomato sauce, Parmesan, and basil.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:7.3595652023087%

## Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 286.39kcal (14.32%), Fat: 8.51g (13.1%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 34.85g (12.67%), Sugar: 4.56g (5.07%), Cholesterol: 5.67mg (1.89%), Sodium: 433.28mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Vitamin A: 1184.06IU (23.68%), Fiber: 5.65g (22.6%), Vitamin C: 17.23mg (20.88%), Vitamin K: 15.22µg (14.49%), Calcium: 112.89mg (11.29%), Vitamin E: 1.43mg (9.56%), Phosphorus: 88.64mg (8.86%), Potassium: 308.9mg (8.83%), Manganese: 0.15mg (7.69%), Vitamin B6: 0.11mg (5.6%), Folate: 19.75µg (4.94%), Magnesium: 18.02mg (4.5%), Copper: 0.08mg (4.02%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.05mg (3.14%), Zinc: 0.45mg (3.03%), Selenium: 1.91µg (2.73%), Iron: 0.48mg (2.67%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.15mg (1.52%)