



Penne with Spicy Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz penne pasta
- ☐ 28 oz canned tomatoes whole italian-style peeled undrained canned
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon tomato paste (from 6-oz can)
- ☐ 0.5 cup parmesan shredded freshly grated

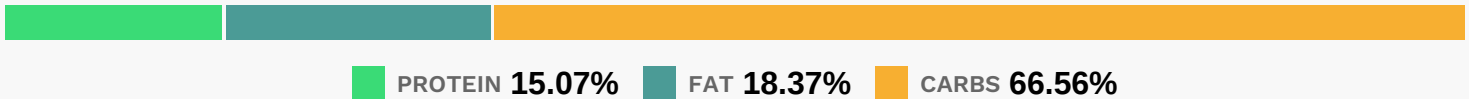
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook and drain pasta as directed on package. Meanwhile, in food processor or blender, place tomatoes with juice. Cover; process until coarsely chopped.
- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook garlic, red pepper flakes and parsley in oil about 5 minutes, stirring frequently, until garlic just begins to turn golden. Stir in chopped tomatoes and tomato paste.
- ☐ Heat to boiling; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until slightly thickened.
- ☐ Add pasta and 1/4 cup of the cheese to mixture in skillet. Cook about 3 minutes, tossing gently, until pasta is evenly coated.
- ☐ Sprinkle with remaining 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:25.76, Inflammation Score:-7, Nutrition Score:18.439999877111%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg 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: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 400.64kcal (20.03%), Fat: 8.27g (12.73%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 67.45g (22.48%), Net Carbohydrates: 62.22g (22.63%), Sugar: 8.28g (9.2%), Cholesterol: 5.67mg (1.89%), Sodium: 340.12mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.54%), Selenium: 50.8µg (72.57%),

Manganese: 0.97mg (48.48%), Vitamin K: 38.11µg (36.29%), Phosphorus: 248.57mg (24.86%), Copper: 0.48mg (24.06%), Fiber: 5.22g (20.89%), Magnesium: 72.73mg (18.18%), Vitamin C: 14.84mg (17.99%), Potassium: 608.82mg (17.39%), Vitamin B6: 0.34mg (16.99%), Iron: 3.01mg (16.71%), Calcium: 165.23mg (16.52%), Vitamin E: 2.38mg (15.86%), Vitamin B3: 3.07mg (15.35%), Vitamin A: 601.43IU (12.03%), Vitamin B1: 0.18mg (11.74%), Zinc: 1.71mg (11.4%), Vitamin B2: 0.15mg (8.91%), Folate: 33.86µg (8.46%), Vitamin B5: 0.75mg (7.49%), Vitamin B12: 0.1µg (1.67%)