



Penne with Vegan Arrabbiata Sauce



Vegetarian



Vegan



Dairy Free

READY IN



200 min.

SERVINGS



14

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 28 ounce tomatoes crushed canned
- ☐ 1 cup olive oil extra virgin
- ☐ 10 leaves basil fresh
- ☐ 7 cloves garlic minced
- ☐ 1 pound penne pasta
- ☐ 2.5 teaspoons pepper flakes red crushed

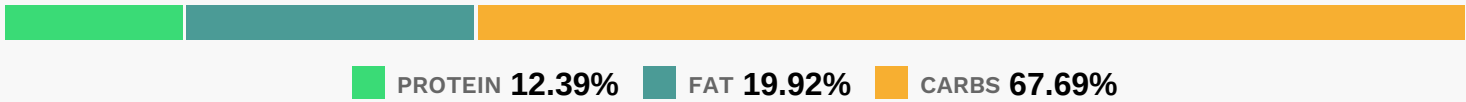
Equipment

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Heat olive oil, and cook garlic just until softened.
- ☐ Add remaining ingredients. Simmer over low heat and cook at least 3 hours.
- ☐ Add cooked penne pasta and let sit at least 5 minutes before stirring and serving.

Nutrition Facts



Properties

Glycemic Index:12.86, Glycemic Load:11.03, Inflammation Score:-4, Nutrition Score:7.1865217582039%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 168.99kcal (8.45%), Fat: 3.8g (5.84%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 26.74g (9.72%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 82.98mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Selenium: 21.1µg (30.15%), Manganese: 0.44mg (21.86%), Copper: 0.21mg (10.34%), Fiber: 2.28g (9.12%), Vitamin E: 1.33mg (8.86%), Phosphorus: 82.96mg (8.3%), Vitamin B6: 0.16mg (7.9%), Magnesium: 29.66mg (7.42%), Potassium: 252.52mg (7.21%), Iron: 1.28mg (7.11%), Vitamin C: 5.76mg (6.98%), Vitamin B3: 1.3mg (6.5%), Vitamin K: 6.78µg (6.46%), Vitamin B1: 0.08mg (5.05%), Vitamin A: 247.65IU (4.95%), Zinc: 0.65mg (4.31%), Folate: 13.62µg (3.4%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.31mg (3.1%), Calcium: 30.76mg (3.08%)