



Quick-Roasted Cherry Tomato Sauce with Spaghetti



Vegetarian

READY IN



32 min.

SERVINGS



4

CALORIES



329 kcal

SAUCE

Ingredients

- ☐ 2.5 tablespoons torn basil leaves fresh chopped
- ☐ 2.7 cups cherry tomatoes
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2.5 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 ounces semisoft goat cheese crumbled
- ☐ 0.4 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt

- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 2 teaspoons red wine vinegar
- ☐ 8 ounces pasta like spaghetti uncooked
- ☐ 4 quarts water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven
- ☐ colander

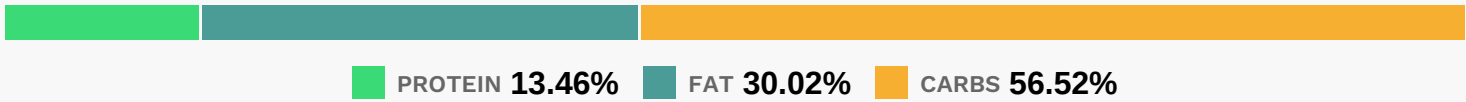
Directions

- ☐ Preheat oven to 45
- ☐ Bring 4 quarts water to a boil in a large Dutch oven.
- ☐ Add 1 tablespoon salt and spaghetti to boiling water; cook 10 minutes or until spaghetti is al dente.
- ☐ Drain spaghetti in a colander over a bowl, reserving 1/3 cup cooking water. Return spaghetti to pan; set aside, and keep warm.
- ☐ While spaghetti cooks, combine tomatoes, 1 tablespoon olive oil, vinegar, 3/8 teaspoon salt, and pepper on a jelly-roll pan, tossing well to coat.
- ☐ Bake tomato mixture at 450 for 10 minutes or until tomatoes are soft and lightly charred in places.
- ☐ Add tomatoes and any tomato juice to spaghetti in Dutch oven.
- ☐ Add 3 tablespoons reserved cooking water to jelly-roll pan, scraping pan to loosen browned bits; carefully pour water mixture and remaining 1 tablespoon oil into spaghetti mixture.
- ☐ Place Dutch oven over medium heat.
- ☐ Add remaining reserved cooking water, 1 tablespoon at a time, until spaghetti mixture is moist, tossing frequently. Stir in basil and parsley.
- ☐ Sprinkle with cheese.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:15.052173948806%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 329.37kcal (16.47%), Fat: 10.99g (16.91%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 43.92g (15.97%), Sugar: 4.14g (4.6%), Cholesterol: 6.52mg (2.17%), Sodium: 1497.38mg (65.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.09g (22.17%), Selenium: 36.75µg (52.5%), Vitamin K: 53.56µg (51.01%), Manganese: 0.66mg (33.13%), Vitamin C: 26.21mg (31.77%), Copper: 0.5mg (25.2%), Vitamin A: 927.23IU (18.54%), Phosphorus: 173.8mg (17.38%), Magnesium: 53mg (13.25%), Vitamin E: 1.7mg (11.36%), Iron: 1.95mg (10.83%), Fiber: 2.63g (10.54%), Potassium: 366.76mg (10.48%), Vitamin B6: 0.2mg (10%), Zinc: 1.21mg (8.05%), Vitamin B3: 1.6mg (8.02%), Calcium: 78.01mg (7.8%), Folate: 29.49µg (7.37%), Vitamin B2: 0.11mg (6.69%), Vitamin B1: 0.1mg (6.63%), Vitamin B5: 0.48mg (4.82%)