



WHATSheATE



Red Wine-Tomato Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



522 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 6 servings parmesan cheese fresh freshly grated chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup wine dry red
- ☐ 1.5 teaspoons garlic fresh minced
- ☐ 4 ounce mozzarella cheese shredded
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 29 ounce canned tomatoes diced undrained canned

- ☐ 12 ounces pasta like spaghetti uncooked thin
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon frangelico dried fresh chopped
- ☐ 1 tablespoon frangelico dried fresh chopped

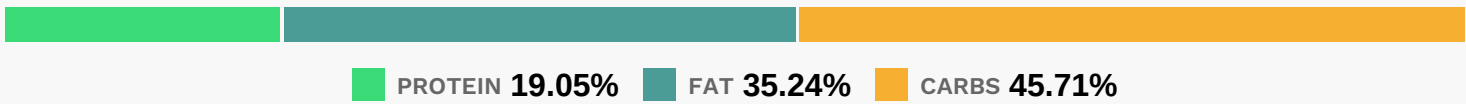
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Saut garlic in hot oil in a large skillet over medium heat 1 minute or until lightly browned. Carefully stir in wine and next 5 ingredients; bring to a boil. Reduce heat to medium low, and simmer, stirring occasionally, 20 minutes or until thickened.
- ☐ Cook pasta according to package directions; drain. Stir together hot pasta, mozzarella cheese, and 1/3 cup Parmesan cheese in a large serving bowl, tossing to coat until cheeses start to melt.
- ☐ Pour tomato sauce over pasta mixture, and toss to combine.
- ☐ Serve immediately with desired toppings.
- ☐ Red Wine-Tomato-and-Steak Pasta: Prepare sauce as directed. Stir 2 cups thinly sliced cooked steak into tomato mixture before simmering. Simmer 20 minutes or until thickened. Substitute 12 ounces penne pasta for thin spaghetti.
- ☐ White Wine-Tomato-and-Clam Pasta: Prepare sauce as directed, substituting dry white wine for red wine. Stir in 2 drained (5-ounce) cans chopped clams to tomato mixture just before tossing with pasta mixture.

Nutrition Facts



Properties

Glycemic Index:51.52, Glycemic Load:20.49, Inflammation Score:-7, Nutrition Score:20.643478372823%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 522.49kcal (26.12%), Fat: 20.1g (30.92%), Saturated Fat: 8.85g (55.34%), Carbohydrates: 58.65g (19.55%), Net Carbohydrates: 54.19g (19.7%), Sugar: 8.44g (9.38%), Cholesterol: 45.86mg (15.29%), Sodium: 925.27mg (40.23%), Alcohol: 2.1g (100%), Alcohol %: 0.97% (100%), Protein: 24.45g (48.89%), Selenium: 52.43µg (74.9%), Calcium: 471.21mg (47.12%), Phosphorus: 444.99mg (44.5%), Manganese: 0.84mg (41.87%), Copper: 0.44mg (21.84%), Zinc: 3.28mg (21.84%), Magnesium: 74.44mg (18.61%), Fiber: 4.47g (17.86%), Vitamin E: 2.67mg (17.81%), Potassium: 613.84mg (17.54%), Vitamin B2: 0.28mg (16.65%), Vitamin B6: 0.33mg (16.62%), Iron: 2.83mg (15.72%), Vitamin C: 12.96mg (15.71%), Vitamin A: 765.61IU (15.31%), Vitamin B12: 0.91µg (15.18%), Vitamin B3: 2.7mg (13.49%), Vitamin K: 14.08µg (13.41%), Vitamin B1: 0.17mg (11.39%), Folate: 31.97µg (7.99%), Vitamin B5: 0.77mg (7.75%), Vitamin D: 0.25µg (1.69%)