



HEALTH SCORE

67%

## Roasted Tomato Spaghetti



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 3 fillet anchovy drained
- ☐ 28 ounce canned tomatoes italian with juice canned
- ☐ 2 tablespoons parsley fresh minced
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted (Greek) ( 12)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup onion red chopped

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 pound pasta like spaghetti

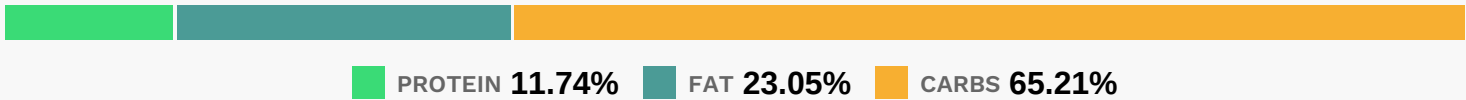
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan

## Directions

- ☐ Heat oven to 450 F. In a large, ovenproof skillet or baking pan, combine the olive oil, onion, garlic, olives, anchovies (if desired), pepper flakes, and oregano.
- ☐ Place on low heat and bring to a simmer, stirring, 2 minutes.
- ☐ Remove from heat, pour the tomatoes over top, and season with salt and freshly ground pepper.
- ☐ Transfer to oven and roast 20 minutes until sauce is hot and bubbly and onions are soft.
- ☐ Meanwhile, cook spaghetti according to package directions, about 10 to 12 minutes.
- ☐ Transfer the sauce ingredients to the bowl of a food processor or blender and pulse once or twice (sauce should be chunky).
- ☐ Drain spaghetti and toss with the tomato sauce.
- ☐ Drizzle with a little more olive oil and sprinkle with parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:35.17, Inflammation Score:-9, Nutrition Score:17.623478394488%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 556.99kcal (27.85%), Fat: 14.21g (21.86%), Saturated Fat: 2.07g (12.91%), Carbohydrates: 90.43g (30.14%), Net Carbohydrates: 85.32g (31.03%), Sugar: 4.87g (5.41%), Cholesterol: 1.8mg (0.6%), Sodium: 193.09mg (8.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.28g (32.56%), Selenium: 73.57µg (105.09%), Manganese: 1.18mg (58.81%), Vitamin K: 42.98µg (40.93%), Phosphorus: 238.83mg (23.88%), Fiber: 5.11g (20.43%), Copper: 0.38mg (19.04%), Magnesium: 70.04mg (17.51%), Vitamin E: 2.29mg (15.3%), Vitamin B6: 0.27mg (13.31%), Vitamin B3: 2.52mg (12.6%), Iron: 2.17mg (12.07%), Zinc: 1.8mg (12.02%), Potassium: 361.88mg (10.34%), Vitamin B1: 0.13mg (8.91%), Folate: 33µg (8.25%), Vitamin C: 6.57mg (7.96%), Calcium: 60.38mg (6.04%), Vitamin A: 297.89IU (5.96%), Vitamin B5: 0.59mg (5.93%), Vitamin B2: 0.1mg (5.74%)