



Rotini (or Penne) All'Arrabbiata

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounce canned tomatoes canned
- 3 teaspoons garlic fresh jarred finely minced (use , not the ; trust me)
- 2 teaspoons olive oil
- 2 tablespoons parsley chopped
- 8 ounces penne pasta (penne or ziti preferred)
- 1.5 teaspoons pepper red (use less if you don't like spicy)
- 4 servings salt to taste

Equipment

Directions

- Sprinkle with parsley and serve with a good crusty bread.
- Serves 4.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:21.31, Inflammation Score:-7, Nutrition Score:18.833043430163%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 297.72kcal (14.89%), Fat: 3.55g (5.46%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 58.05g (19.35%), Net Carbohydrates: 52.09g (18.94%), Sugar: 10.34g (11.49%), Cholesterol: 0mg (0%), Sodium: 472.98mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Selenium: 37.5µg (53.57%), Manganese: 0.94mg (46.86%), Vitamin K: 45.41µg (43.25%), Copper: 0.54mg (27.22%), Vitamin C: 21.62mg (26.21%), Fiber: 5.96g (23.84%), Potassium: 742.68mg (21.22%), Vitamin B6: 0.42mg (21.18%), Vitamin E: 3.13mg (20.89%), Iron: 3.62mg (20.12%), Magnesium: 72.42mg (18.11%), Phosphorus: 177.52mg (17.75%), Vitamin B3: 3.52mg (17.59%), Vitamin A: 817.72IU (16.35%), Vitamin B1: 0.21mg (13.86%), Folate: 39.32µg (9.83%), Zinc: 1.42mg (9.44%), Calcium: 88.83mg (8.88%), Vitamin B2: 0.15mg (8.75%), Vitamin B5: 0.82mg (8.24%)