



 **64%**
HEALTH SCORE

Simple Spaghetti with Marinara

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



798 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 leaf flat parsley chopped
- ☐ 1 garlic clove
- ☐ 26.5 ounce vacuum-packed tomatoes chopped
- ☐ 6 servings olive oil
- ☐ 6 servings parmesan cheese grated
- ☐ 1 pound pasta like spaghetti

Equipment

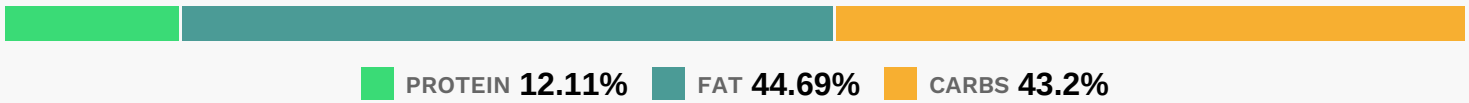
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook pasta according to package directions, until al dente. While the pasta cooks, heat 2 tablespoons oil in a large saucepan over medium heat. Chop together 1 cup parsley and garlic clove.
- ☐ Add to pan, and cook 2 minutes; season with salt and pepper.
- ☐ Add the tomatoes; reduce heat to low, and simmer 10 minutes, or until slightly thickened. Toss pasta and sauce together; top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:22.74, Inflammation Score:-9, Nutrition Score:33.692173957825%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 798.03kcal (39.9%), Fat: 41.17g (63.35%), Saturated Fat: 9.16g (57.26%), Carbohydrates: 89.56g (29.85%), Net Carbohydrates: 79.86g (29.04%), Sugar: 2.05g (2.27%), Cholesterol: 26.1mg (8.7%), Sodium: 863.05mg (37.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.22%), Vitamin C: 127.84mg (154.96%), Selenium: 62.11µg (88.72%), Manganese: 1.31mg (65.54%), Potassium: 2186.4mg (62.47%), Phosphorus: 507.99mg (50.8%), Copper: 0.82mg (41.22%), Fiber: 9.7g (38.79%), Magnesium: 152.2mg (38.05%), Vitamin A: 1883.79IU (37.68%), Vitamin B2: 0.63mg (37.01%), Calcium: 341.2mg (34.12%), Vitamin B3: 5.86mg (29.3%), Vitamin B6: 0.54mg (26.87%), Iron: 4.57mg (25.39%), Zinc: 3.35mg (22.33%), Vitamin B1: 0.32mg (21.26%), Vitamin E: 2.25mg (15.03%), Vitamin K: 11.76µg (11.2%), Folate: 44.47µg (11.12%), Vitamin B5: 1.03mg (10.27%), Vitamin B12: 0.41µg (6.75%)