



Simple Tomato Sauce With Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



326 kcal

SAUCE

Ingredients

- 28 ounce frangelico whole canned (8 medium)
- 0.5 teaspoon pepper red crushed
- 8 basil fresh plus more for garnish
- 3 garlic clove smashed
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 1 pound pasta like spaghetti uncooked
- 0.8 teaspoon sugar

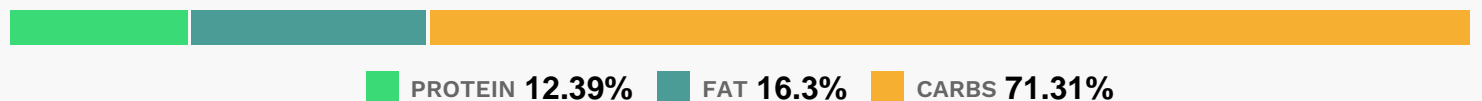
Equipment

- bowl
- knife
- pot
- slotted spoon
- immersion blender

Directions

- If using fresh tomatoes, bring a large pot of water to a boil. With a sharp knife, make an X in the bottom of each tomato. Carefully drop into water and boil 1 minute.
- Remove with a slotted spoon and when cool enough to handle, peel off skin and remove core. Quarter each tomato, transfer to a large bowl, and using an immersion blender, blend tomatoes into a chunky pure. If using canned, empty tomatoes into a large bowl and briefly pulse.
- Add oil, garlic, and crushed red pepper together in a 3-quart heavy pot. Cook over medium-low heat, stirring frequently, until garlic is pale golden, about 2 minutes.
- Add tomato pure, basil, sugar, and salt and simmer, uncovered, stirring occasionally, until thickened and reduced to about 2 1/2 cups (40 minutes for canned and 50 minutes to 1 hour for fresh).
- While sauce is simmering, cook pasta according to directions until al dente.
- Drain and toss with sauce.
- Transfer pasta to 6 bowls.
- Garnish with basil and cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:35.35, Glycemic Load:23.19, Inflammation Score:-6, Nutrition Score:9.2247827338136%

Flavonoids

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

Nutrients (% of daily need)

Calories: 326.48kcal (16.32%), Fat: 5.84g (8.99%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 57.54g (19.18%), Net Carbohydrates: 55.02g (20.01%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 104.54mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.99%), Selenium: 48.03µg (68.61%), Manganese: 0.73mg (36.38%), Phosphorus: 145.98mg (14.6%), Copper: 0.23mg (11.34%), Magnesium: 41.03mg (10.26%), Fiber: 2.52g (10.07%), Zinc: 1.1mg (7.3%), Vitamin B3: 1.32mg (6.6%), Vitamin B6: 0.13mg (6.51%), Iron: 1.08mg (6.01%), Vitamin E: 0.82mg (5.49%), Potassium: 179.5mg (5.13%), Vitamin K: 5.3µg (5.05%), Vitamin B1: 0.07mg (4.78%), Folate: 14.06µg (3.52%), Vitamin B5: 0.34mg (3.37%), Vitamin B2: 0.05mg (2.89%), Calcium: 20.2mg (2.02%), Vitamin A: 77.68IU (1.55%)