



Spaghetti all' Elsa

READY IN



30 min.

SERVINGS



4

CALORIES



736 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter cut into small pieces
- 28 ounce canned tomatoes crushed canned (recommended: San Marzano) (14-ounce)
- 3 cloves garlic crushed
- 3 tablespoons olive oil extra-virgin
- 1 cup parmigiano-reggiano grated
- 0.5 teaspoon pepper flakes red
- 4 servings salt
- 1 pound imported spaghetti dried italian
- 0.3 cup white wine

- 1 handful a chopped
- 1 leaves a handful chopped

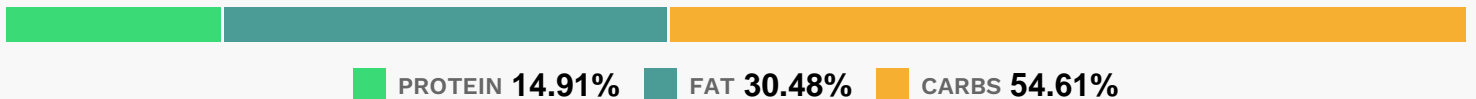
Equipment

- pot
- tongs

Directions

- Bring a large pot of water to a boil. Salt the water and add pasta. Cook to al dente, with a bite to it.
- Heat a medium sauce pot over medium-low heat.
- Add extra-virgin olive oil, garlic, and red pepper and let them cook 5 minutes, garlic will be soft and light golden.
- Remove garlic.
- Add stock or wine and stir 30 seconds, add tomatoes and combine. Season the sauce with salt, to taste, then stir basil in and reduce heat to low.
- When pasta is cooked, turn off the heat, drain the pasta then add it back to the still-hot, deep pot.
- Add butter to spaghetti and toss to melt and coat.
- Add half the red sauce and all of the cheese, work in a handful at a time as you toss to combine. To serve, use tongs or a meat fork to swirl the pasta into buttery, cheesy mounds to pile onto each plate. Top each portion with spoonfuls of remaining sauce. Whoa, Mama!

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:38.53, Inflammation Score:-8, Nutrition Score:27.148260824058%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 736.48kcal (36.82%), Fat: 25.19g (38.75%), Saturated Fat: 9.62g (60.1%), Carbohydrates: 101.53g (33.84%), Net Carbohydrates: 93.99g (34.18%), Sugar: 12.32g (13.69%), Cholesterol: 32.65mg (10.88%), Sodium: 941.35mg (40.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Selenium: 79.36µg (113.38%), Manganese: 1.45mg (72.52%), Phosphorus: 462.6mg (46.26%), Calcium: 394.69mg (39.47%), Copper: 0.72mg (35.95%), Fiber: 7.53g (30.13%), Vitamin E: 4.44mg (29.59%), Magnesium: 112.67mg (28.17%), Vitamin B6: 0.53mg (26.35%), Potassium: 894.05mg (25.54%), Iron: 4.44mg (24.69%), Vitamin B3: 4.78mg (23.92%), Vitamin C: 19mg (23.03%), Zinc: 2.89mg (19.29%), Vitamin B1: 0.27mg (18.21%), Vitamin A: 871.77IU (17.44%), Vitamin K: 18.21µg (17.34%), Vitamin B2: 0.28mg (16.38%), Folate: 49.31µg (12.33%), Vitamin B5: 1.18mg (11.77%), Vitamin B12: 0.31µg (5.2%)