



Spaghetti Pomodoro

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin plus more for drizzling
- 2 cloves garlic finely minced
- 1 inch pepper red
- 28 ounce canned tomatoes whole canned
- 0.5 teaspoon salt
- 1 serving pepper black freshly ground
- 1 pinch p of sugar
- 1 sprig basil fresh
- 1 pound pasta like spaghetti

- 1 serving parmesan cheese freshly grated

Equipment

- bowl
- frying pan
- sauce pan
- pot
- kitchen timer

Directions

- Bring a large pot of water to boil.
- Place the olive oil and garlic in a 2-quart saucepan over medium heat. Swirl the pan to coat the garlic with oil and heat until garlic sizzles but doesn't brown, about 30 seconds.
- Add the red pepper flakes and stir.
- Add the tomatoes, salt, black pepper, and sugar and stir to combine. Bring to a boil and reduce the heat to a simmer. Cook for at least 20 minutes but no more than 30.
- Add the basil for last 5 minutes of cooking.
- Remove the basil before serving.
- Meanwhile, with 10 minutes to spare before the sauce is done, generously salt the boiling water.
- Add the pasta and cook until tender but slightly firm. Set the timer for 2 minutes less than the package instructions specify and taste for doneness.
- Drain the pasta and transfer it to a serving bowl. Toss with 1/2 cup of the sauce. For each serving, spoon on a little extra sauce, grated Parmesan cheese, a drizzle of olive oil, and freshly ground black pepper on top of the pasta.

Nutrition Facts



PROTEIN 13.88% **FAT 17.44%** **CARBS 68.68%**

Properties

Glycemic Index:35.33, Glycemic Load:25.5, Inflammation Score:-6, Nutrition Score:16.166956582147%

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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 386.77kcal (19.34%), Fat: 7.59g (11.67%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 67.24g (22.41%), Net Carbohydrates: 62.27g (22.64%), Sugar: 7.86g (8.73%), Cholesterol: 4.35mg (1.45%), Sodium: 461.01mg (20.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.17%), Selenium: 50.47µg (72.1%), Manganese: 0.96mg (48.15%), Copper: 0.47mg (23.37%), Phosphorus: 218.71mg (21.87%), Fiber: 4.97g (19.88%), Magnesium: 68.8mg (17.2%), Potassium: 571.04mg (16.32%), Vitamin E: 2.44mg (16.3%), Vitamin B6: 0.32mg (16.16%), Iron: 2.79mg (15.47%), Vitamin C: 12.54mg (15.2%), Vitamin B3: 2.92mg (14.59%), Vitamin B1: 0.17mg (11.39%), Zinc: 1.66mg (11.04%), Vitamin K: 11.43µg (10.88%), Calcium: 107.75mg (10.78%), Folate: 31.37µg (7.84%), Vitamin B2: 0.13mg (7.82%), Vitamin B5: 0.72mg (7.17%), Vitamin A: 350.4IU (7.01%), Vitamin B12: 0.07µg (1.13%)