



Spaghetti with 5-minute tomato sauce

READY IN



22 min.

SERVINGS



2

CALORIES



806 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 large tomatoes ripe
- ☐ 140 g pasta like spaghetti
- ☐ 3 tbsp olive oil
- ☐ 100 g bacon diced
- ☐ 2 garlic clove chopped
- ☐ 50 g goat cheese fresh soft
- ☐ 1 handful basil snipped

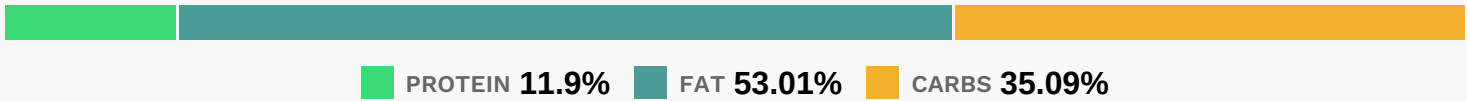
Equipment

☐ frying pan

Directions

- ☐ Pour boiling water over the tomatoes to cover, leave for 1 min, then drain and slip off the skins. Quarter and seed the tomatoes, then chop the flesh.
- ☐ Bring a large pan of salted water to the boil, add the spaghetti and give it a stir. Boil for the timing given on the pack.
- ☐ Meanwhile, heat 1 tbsp of the oil in a frying pan, add the bacon and fry until starting to crisp up.
- ☐ Add the garlic, tomatoes, the rest of the oil and pepper and salt, if using.
- ☐ Heat through for 1–2 mins until just simmering.
- ☐ Drain the spaghetti and add to the pan, tossing in the sauce until lightly coated. Divide between two warm soup plates, crumble over the cheese and scatter over the herbs.
- ☐ Serve with crusty bread and a glass of red wine.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:25.95, Inflammation Score:-10, Nutrition Score:32.589565401492%

Flavonoids

Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 806.44kcal (40.32%), Fat: 48.1g (74.01%), Saturated Fat: 13.51g (84.46%), Carbohydrates: 71.63g (23.88%), Net Carbohydrates: 63.85g (23.22%), Sugar: 14.09g (15.66%), Cholesterol: 44.5mg (14.83%), Sodium: 450.92mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.59%), Vitamin A: 4119.92IU (82.4%), Selenium: 55.42µg (79.17%), Vitamin C: 63.45mg (76.91%), Manganese: 1.25mg (62.64%), Vitamin K: 53.31µg (50.77%), Vitamin E: 5.83mg (38.86%), Potassium: 1355.14mg (38.72%), Phosphorus: 382.65mg (38.26%), Vitamin B6: 0.7mg (34.88%), Copper: 0.69mg (34.38%), Fiber: 7.78g (31.12%), Vitamin B3: 6.04mg (30.21%), Vitamin B1:

0.39mg (26.21%), Magnesium: 98.54mg (24.63%), Folate: 84.62µg (21.16%), Zinc: 2.62mg (17.49%), Iron: 3.02mg (16.77%), Vitamin B2: 0.27mg (15.77%), Vitamin B5: 1.17mg (11.74%), Calcium: 105.11mg (10.51%), Vitamin B12: 0.3µg (4.96%), Vitamin D: 0.3µg (2%)