



## Spaghetti with Marinara Sauce

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 medium onion
- 2 cloves garlic powder
- 1 small bell pepper green
- 1 tablespoon vegetable oil
- 14.5 oz tomatoes diced undrained canned
- 8 oz tomato sauce canned
- 1 tablespoon basil dried fresh chopped
- 1.5 teaspoons oregano dried fresh chopped

- 0.3 teaspoon salt
- 0.3 teaspoon fennel seeds
- 0.1 teaspoon pepper
- 0.5 teaspoon pasta like spaghetti (for cooking spaghetti)
- 8 oz pasta like spaghetti uncooked

## Equipment

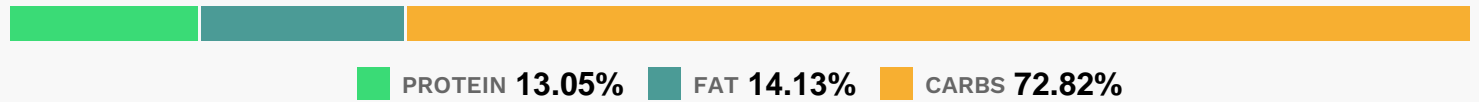
- sauce pan
- sieve
- plastic wrap
- dutch oven
- colander

## Directions

- Peel and chop the onion to measure 1/2 cup. Peel and finely chop the garlic.
- Cut the bell pepper in half lengthwise, and cut out seeds and membrane. Chop enough bell pepper to measure 1/4 cup. Wrap any remaining bell pepper with plastic wrap and refrigerate.
- In a 2-quart saucepan, heat the oil over medium heat 1 to 2 minutes.
- Add the onion, garlic and bell pepper. Cook 2 minutes, stirring occasionally.
- Stir in the tomatoes with their liquid, tomato sauce, basil, oregano, 1/4 teaspoon salt, the fennel seed and pepper.
- Heat to boiling over high heat. Once mixture is boiling, reduce heat just enough so mixture bubbles gently and does not spatter.
- Cover with lid; cook 35 minutes, stirring about every 10 minutes to make sure mixture is just bubbling gently and to prevent sticking. Lower the heat if the sauce is bubbling too fast.
- After the sauce has been cooking about 20 minutes, fill a 4-quart Dutch oven about half full of water.
- Add 1/2 teaspoon salt if desired. Cover with lid; heat over high heat until the water is boiling rapidly.
- Add the spaghetti.

- Heat to boiling again. Boil uncovered 8 to 10 minutes, stirring frequently, until tender but not mushy.
- Place a strainer or colander in the sink.
- Pour the spaghetti in the strainer to drain.
- Serve with the tomato sauce.

## Nutrition Facts



### Properties

Glycemic Index:52, Glycemic Load:18.83, Inflammation Score:-8, Nutrition Score:16.56217380192%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

### Nutrients (% of daily need)

Calories: 295.03kcal (14.75%), Fat: 4.73g (7.27%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 49.51g (18%), Sugar: 7.66g (8.52%), Cholesterol: 0mg (0%), Sodium: 567.52mg (24.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.65%), Selenium: 36.99µg (52.84%), Manganese: 0.88mg (44.01%), Vitamin C: 30.49mg (36.96%), Vitamin K: 34.27µg (32.64%), Fiber: 5.3g (21.2%), Iron: 3.64mg (20.22%), Vitamin B6: 0.36mg (17.79%), Copper: 0.36mg (17.77%), Potassium: 606.63mg (17.33%), Magnesium: 64.9mg (16.22%), Phosphorus: 161.46mg (16.15%), Vitamin E: 2.18mg (14.52%), Vitamin B3: 2.48mg (12.42%), Calcium: 96.64mg (9.66%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.16mg (9.27%), Vitamin A: 455.45IU (9.11%), Folate: 35.84µg (8.96%), Zinc: 1.26mg (8.4%), Vitamin B5: 0.62mg (6.16%)