



WHATSheATE



Spaghetti with Marinara Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.7 cup parmigiano-reggiano finely grated
- ☐ 1 pound pasta like spaghetti
- ☐ 2 cups tomato sauce

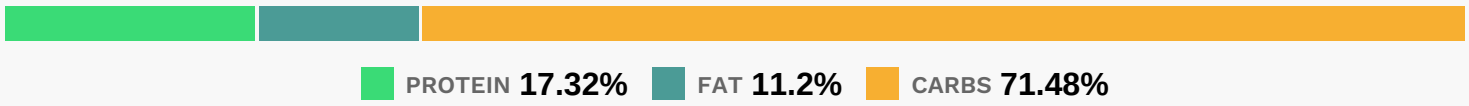
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐
- Cook spaghetti in a 6- to 8-quart pot of boiling salted water until al dente.
- ☐
- While spaghetti is boiling, reheat tomato sauce in a 12-inch skillet over low heat until hot.
- ☐
- Drain pasta and add to skillet. Toss to coat, then serve with cheese.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:36.28, Inflammation Score:-7, Nutrition Score:19.493043580781%

Nutrients (% of daily need)

Calories: 515.44kcal (25.77%), Fat: 6.38g (9.82%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 91.72g (30.57%), Net Carbohydrates: 86.25g (31.36%), Sugar: 7.52g (8.36%), Cholesterol: 11.33mg (3.78%), Sodium: 854.45mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.43%), Selenium: 76.15µg (108.79%), Manganese: 1.17mg (58.71%), Phosphorus: 363.06mg (36.31%), Calcium: 238.3mg (23.83%), Copper: 0.47mg (23.7%), Fiber: 5.47g (21.86%), Magnesium: 85.81mg (21.45%), Potassium: 632.04mg (18.06%), Vitamin B3: 3.19mg (15.93%), Zinc: 2.33mg (15.51%), Iron: 2.79mg (15.48%), Vitamin B6: 0.3mg (14.81%), Vitamin A: 660.59IU (13.21%), Vitamin E: 1.93mg (12.84%), Vitamin B2: 0.2mg (11.94%), Vitamin C: 8.57mg (10.39%), Vitamin B5: 0.94mg (9.43%), Vitamin B1: 0.14mg (9.2%), Folate: 32.6µg (8.15%), Vitamin K: 3.83µg (3.64%), Vitamin B12: 0.2µg (3.33%)