



Spaghetti With Mint-and-Garlic Tomato Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 pounds plum tomatoes seeded chopped
- ☐ 0.3 cup romano cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces pasta like spaghetti uncooked

☐

2 teaspoons sugar

Equipment

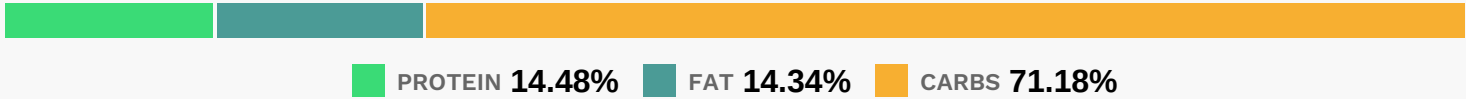
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frying pan

Directions

- ☐
- Cook spaghetti according to package directions, omitting salt and oil.
- ☐
- Drain and set aside.
- ☐
- Saut garlic in hot oil in a large skillet over medium-high heat 1 minute.
- ☐
- Add tomatoes, and cook, stirring occasionally, 12 to 15 minutes or until sauce is thickened and chunky.
- ☐
- Remove from heat, and stir in sugar, salt, and pepper.
- ☐
- Add cooked spaghetti and mint to sauce in skillet, tossing to coat.
- ☐
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:59.77, Glycemic Load:30.77, Inflammation Score:-9, Nutrition Score:24.411739425167%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 445.57kcal (22.28%), Fat: 7.19g (11.06%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 80.3g (26.77%), Net Carbohydrates: 73.27g (26.64%), Sugar: 13.29g (14.77%), Cholesterol: 6.5mg (2.17%), Sodium: 388.84mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.67%), Selenium: 55.11µg (78.73%), Manganese: 1.27mg (63.33%), Vitamin A: 2914.49IU (58.29%), Vitamin C: 47.94mg (58.11%), Phosphorus: 295.79mg (29.58%),

Potassium: 1023.89mg (29.25%), Vitamin K: 29.67µg (28.25%), Fiber: 7.03g (28.12%), Copper: 0.47mg (23.26%),
Vitamin B6: 0.44mg (21.89%), Magnesium: 87.24mg (21.81%), Vitamin B3: 3.52mg (17.58%), Folate: 68.33µg
(17.08%), Vitamin E: 2.45mg (16.36%), Vitamin B1: 0.21mg (14.13%), Zinc: 1.99mg (13.28%), Calcium: 128.19mg
(12.82%), Iron: 2.23mg (12.41%), Vitamin B2: 0.15mg (8.6%), Vitamin B5: 0.72mg (7.21%), Vitamin B12: 0.07µg (1.17%)