



WHATSheATE



HEALTH SCORE

55%

Spaghetti with Sun Gold Tomato Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 sprigs basil



4 cups cherry tomatoes halved



2 garlic cloves finely chopped



4 servings kosher salt freshly ground



2 tablespoons olive oil



1 small onion finely chopped



2 teaspoons red wine vinegar



12 ounces pasta like spaghetti

- ☐ 1 star anise pod whole
- ☐ 0.5 sprig tarragon
- ☐ 1 sprig thyme leaves

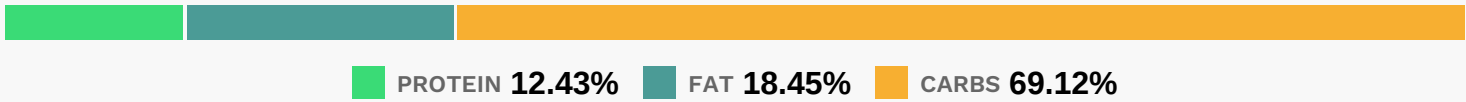
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion and cook, stirring often, until soft but not brown, 6–8 minutes.
- ☐ Add garlic, basil, thyme, and tarragon sprigs, star anise, and clove, and cook, stirring often, until fragrant, about 2 minutes.
- ☐ Add tomatoes and vinegar. Cook, stirring occasionally, until tomatoes release their juices and a sauce forms, 10–15 minutes. Discard thyme, tarragon, and basil sprigs, star anise, and clove. Season sauce with salt and pepper.
- ☐ Meanwhile, cook spaghetti in a large pot of boiling salted water, stirring occasionally, until al dente.
- ☐ Drain, reserving 1 cup pasta cooking liquid.
- ☐ Add pasta and 1/2 cup pasta cooking liquid to sauce in skillet. Cook, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes.
- ☐ DO AHEAD: Sauce can be made 1 day ahead. Cover and chill. Reheat before tossing with spaghetti.

Nutrition Facts



Properties

Glycemic Index: 80.25, Glycemic Load: 26.14, Inflammation Score: -8, Nutrition Score: 16.989130662835%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg,

Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.62mg, Quercetin:
4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 416.25kcal (20.81%), Fat: 8.54g (13.15%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 72.02g (24.01%),
Net Carbohydrates: 67.8g (24.65%), Sugar: 6.74g (7.49%), Cholesterol: 0mg (0%), Sodium: 23.07mg (1%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Selenium: 54.83µg (78.33%), Manganese: 1.04mg
(51.97%), Vitamin C: 36.51mg (44.25%), Phosphorus: 212.9mg (21.29%), Copper: 0.38mg (18.98%), Fiber: 4.22g
(16.9%), Potassium: 564.04mg (16.12%), Vitamin A: 805.55IU (16.11%), Magnesium: 63.21mg (15.8%), Vitamin B6:
0.29mg (14.42%), Iron: 2.49mg (13.83%), Vitamin E: 1.95mg (13%), Vitamin K: 12.88µg (12.27%), Vitamin B3: 2.31mg
(11.57%), Zinc: 1.49mg (9.95%), Folate: 39.57µg (9.89%), Vitamin B1: 0.14mg (9.55%), Vitamin B5: 0.6mg (5.96%),
Vitamin B2: 0.1mg (5.67%), Calcium: 48.9mg (4.89%)