






 **66%**
HEALTH SCORE

The \$4 Spaghetti Recipe That Tastes Almost As Good As The \$24 Spaghetti Recipe

 Very Healthy

READY IN

45 min.

SERVINGS

4

CALORIES

677 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 pound mushrooms whole
- 56 ounce canned tomatoes whole peeled canned
- 1 cup olive oil extra virgin
- 10 leaves basil fresh
- 0.8 cup garlic clove peeled
- 0.5 cup parmesan
- 4 servings salt and pepper

- 1 pound pasta like spaghetti dry

Equipment

- bowl
- sauce pan
- pot
- blender

Directions

- After a quick brushing off of any dirt, put the mushrooms in a large pot and cover them with about 4 cups of water. Bring to a boil, then lower the heat to a simmer. Strain the mushroom stock after about an hour and a half and reserve. Meanwhile, combine the garlic and olive oil in a small saucepan and cook over the lowest flame possible, low and slow, for about 2 hours, stirring periodically until the garlic is a dark golden brown. When the garlic is done, add the tomatoes along with all of their juice to another large pot. Bring the tomatoes to a boil then add the garlic confit to the pot, including the oil.
- Add the mushroom stock to the tomato-garlic mixture, one cup at first, and blend with a stick blender. You are looking for a smooth consistency.
- Add more stock if necessary. Season to taste with salt and pepper. Turn down the heat to the lowest flame and cook for about 2 hours, stirring the sauce periodically. Check for flavor and adjust the salt and pepper if necessary.
- Heat up a big pot of water, add 1/2 teaspoon of salt and a touch of olive oil and bring it to a boil. Cook the spaghetti just until it's al dente, about 8 to 10 minutes.
- Drain and divide the spaghetti between all the bowls. Toss immediately with the sauce—about a cup of sauce for each bowl of spaghetti.
- Garnish with the basil and Parmesan Reggiano. Grandmas will kiss you too. Try out these pasta recipes on Food Republic: [Spaghetti With White Puttanesca Recipe](#)
- [Pasta Cacio E Pepe Recipe](#)
- [Roman-Style Spaghetti Alla Carbonara Recipe](#)

Nutrition Facts



■ PROTEIN 14.44% ■ FAT 21.53% ■ CARBS 64.03%

Properties

Glycemic Index:50.25, Glycemic Load:36.73, Inflammation Score:-8, Nutrition Score:32.323043390461%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 677.17kcal (33.86%), Fat: 16.49g (25.37%), Saturated Fat: 3.96g (24.78%), Carbohydrates: 110.35g (36.78%), Net Carbohydrates: 101.91g (37.06%), Sugar: 13.39g (14.88%), Cholesterol: 8.5mg (2.83%), Sodium: 974.42mg (42.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.78%), Selenium: 81.14µg (115.91%), Manganese: 1.8mg (90.13%), Vitamin C: 45.69mg (55.38%), Vitamin B6: 0.96mg (48.03%), Phosphorus: 440.58mg (44.06%), Copper: 0.78mg (38.85%), Potassium: 1206.78mg (34.48%), Calcium: 344.3mg (34.43%), Iron: 6.1mg (33.91%), Fiber: 8.44g (33.75%), Vitamin B3: 6mg (30%), Magnesium: 118.99mg (29.75%), Vitamin E: 4.44mg (29.6%), Vitamin B2: 0.47mg (27.69%), Vitamin B1: 0.36mg (23.99%), Vitamin K: 23.96µg (22.82%), Zinc: 2.95mg (19.68%), Vitamin B5: 1.59mg (15.93%), Folate: 59.47µg (14.87%), Vitamin A: 630.22IU (12.6%), Vitamin B12: 0.16µg (2.69%)