



Three-Pepper and Onion Spaghetti

READY IN



70 min.

SERVINGS



4

CALORIES



784 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil leaves fresh shredded
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 28 ounce canned tomatoes italian crushed canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 teaspoons fennel seeds
- ☐ 3 to 4 garlic cloves chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 servings parmigiano-reggiano grated

- ☐ 2 cubanelle peppers halved lengthwise seeded thinly sliced
- ☐ 1 large bell pepper red seeded thinly sliced quartered
- ☐ 1 large onion red thinly sliced quartered
- ☐ 1 teaspoon pepper flakes red crushed seeded thinly sliced
- ☐ 4 servings salt
- ☐ 1 pound pasta like spaghetti
- ☐ 0.5 cup vegetable stock

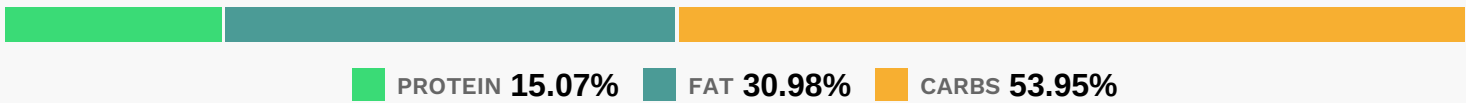
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil over medium heat. Salt the water, add the pasta and cook to al dente.
- ☐ Heat the extra-virgin olive oil in a large skillet over medium-high heat.
- ☐ Add the fennel seeds and stir for 1 minute, then add all the peppers and the onions.
- ☐ Saute for 8 to 10 minutes, then add the garlic and season with salt and pepper, to taste. When the peppers and onions are tender, add the wine and stir for 30 seconds, then add the stock and tomatoes. Reduce the sauce for 7 to 8 minutes.
- ☐ Drain the pasta, drop it into the skillet, and toss it with the butter and the sauce.
- ☐ Transfer the pasta to a serving bowl, sprinkle with a little cheese, top with the basil, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:38.12, Inflammation Score:-10, Nutrition Score:34.961739374244%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.46mg, Naringenin: 1.46mg, Naringenin: 1.46mg, Naringenin: 1.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.07mg, Luteolin: 3.07mg, Luteolin: 3.07mg, Luteolin: 3.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 783.62kcal (39.18%), Fat: 26.44g (40.67%), Saturated Fat: 10.42g (65.12%), Carbohydrates: 103.61g (34.54%), Net Carbohydrates: 94.84g (34.49%), Sugar: 13.38g (14.87%), Cholesterol: 35.45mg (11.82%), Sodium: 861.45mg (37.45%), Alcohol: 3.09g (100%), Alcohol %: 0.71% (100%), Protein: 28.93g (57.86%), Vitamin C: 130.94mg (158.71%), Selenium: 79.04µg (112.91%), Manganese: 1.6mg (79.8%), Vitamin A: 3796.69IU (75.93%), Phosphorus: 516.77mg (51.68%), Calcium: 437.49mg (43.75%), Vitamin K: 42.43µg (40.41%), Fiber: 8.78g (35.11%), Vitamin B6: 0.68mg (34.24%), Potassium: 1037.1mg (29.63%), Magnesium: 117.47mg (29.37%), Copper: 0.54mg (27.03%), Vitamin E: 3.85mg (25.64%), Folate: 84.96µg (21.24%), Zinc: 3.11mg (20.74%), Vitamin B3: 4.03mg (20.17%), Vitamin B1: 0.27mg (17.77%), Iron: 3.12mg (17.34%), Vitamin B2: 0.28mg (16.41%), Vitamin B5: 1.07mg (10.66%), Vitamin B12: 0.37µg (6.2%)