

Italian Arrabbiata Sauce

Yield: 4 min
Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/arrabbiata-recipe-in-italian>

Ingredients:

- 2 tablespoons olive oil
- 5 garlic cloves minced
- 112 ounces San Marzano tomatoes
- 2 tablespoons tomato paste
- 1/4 teaspoon red pepper flakes adjust to desired level of spice
- 1/2 teaspoon salt each, & black pepper
- 2 tablespoons fresh basil chopped, for dried basil, 2 teaspoons
- 1 teaspoon dried oregano

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 35 grams
3. Fat: 7 grams
4. Fiber: 9 grams
5. Protein: 9 grams
6. SaturatedFat: 1 grams
7. Sodium: 400 milligrams
8. Sugar: 25 grams

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