

Fresh Tomato Sauce With Spaghetti

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meat-prego-recipe>

Ingredients:

- 3 pounds tomatoes ripe
- 1/4 cup olive oil
- 4 cloves garlic minced
- 3/4 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 12 ounces spaghetti
- 1 tablespoon butter or vegan butter, like Earth Balance
- 1/2 cup basil leaves torn
- 1/4 cup Parmesan cheese or vegan parmesan cheese

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 10 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 590 milligrams
9. Sugar: 13 grams

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