

Italian Wonderpot (One Pot Pasta)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/cheap-italian-wonderpot-recipe>

Ingredients:

- 4 cups vegetable broth \$0.52
- 2 tablespoons olive oil \$0.22
- 12 ounces fettuccine \$0.75
- 8 ounces frozen chopped spinach \$0.72
- 28 ounces diced tomatoes \$1.68
- 1 medium onion sliced \$0.42
- 4 cloves garlic sliced \$0.32
- 1/2 tablespoon dried basil \$0.15
- 1/2 tablespoon dried oregano \$0.15
- 1/4 teaspoon red pepper flakes \$0.03
- cracked pepper freshly, to taste \$0.05
- 2 ounces shaved Parmesan \$1.25

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 21 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1240 milligrams
9. Sugar: 13 grams

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