

Spaghetti Pomodoro With Grilled Tempeh

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-italian-spaghetti-carbonara-recipe>

Ingredients:

- 1/2 pound spaghetti
- 2 tablespoons olive oil
- 4 cloves garlic minced
- 2 1/2 pounds tomatoes roughly chopped
- 1/2 teaspoon salt
- 1 dash black pepper fresh
- 8 basil leaves large, torn into pieces, plus extra for garnish

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 73 grams
3. Fat: 11 grams
4. Fiber: 6 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 420 milligrams
8. Sugar: 14 grams

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