

Italian Masala

Yield: 8 min

Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-seasoned-noodles-recipe>

Ingredients:

- 3 tablespoons avocado oil divided
- 4 shallots
- 3 heads garlic
- 1 tablespoon olive oil
- 1/4 cup fresh parsley
- 2 tablespoons fresh basil
- 2 teaspoons fresh rosemary
- 2 tablespoons tomato paste
- 1 tablespoon italian seasoning dried
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 2 teaspoons red pepper flakes
- 1 small yellow onion diced
- 15 ounces garlic and basil diced tomatoes
- 4 ounces coconut milk
- pepper
- salt
- 1 pound noodles fresh fettuccini

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 160 milligrams
9. Sugar: 3 grams

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