

One Pot Italian Pasta

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/one-pot-italian-pasta-recipe>

Ingredients:

- nonstick cooking spray
- 12 ounces mezzì rigatoni pasta
- 28 ounces diced tomatoes
- 2 cups low sodium chicken broth
- 1 sweet onion small, diced
- 4 garlic cloves minced
- 1 teaspoon dried oregano
- 6 fresh basil leaves large, torn
- 1 teaspoon salt
- 1/8 teaspoon red pepper flakes cracked
- 5 cups baby spinach fresh
- grated Parmesan cheese freshly

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 30 milligrams
4. Fat: 3.5 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 740 milligrams
9. Sugar: 10 grams

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