

Spicy Italian Arrabbiata Sauce

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 16 ounces pasta such as penne or broken up lasagna noodles
- 1/4 cup olive oil
- 2 cloves garlic smashed
- 28 ounces whole peeled tomatoes
- 1/4 teaspoon red pepper flakes plus more to taste
- 1/2 cup fresh parsley chopped, with more for serving
- kosher salt
- pepper
- 1/4 cup grated Parmesan cheese

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 2 grams
8. Sodium: 380 milligrams
9. Sugar: 2 grams

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