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Kid's Spaghetti with Marinara Sauce

Kid's Spaghetti with Marinara Sauce is a classic Italian dish loved by children. It is made with spaghetti noodles and a delicious marinara sauce. This recipe is perfect for a quick and easy dinner that the whole family will enjoy.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Spaghetti noodles
2 c	marinara sauce
50 g	Parmesan Cheese
10 g	basil leaves

2 tbsp Olive oil

2
cloves garlic cloves

1 tsp Salt

0.5 tsp Black pepper

Directions

Step 1

Boiling

Cook the spaghetti noodles according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a large pan over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add marinara sauce, salt, and black pepper to the pan. Simmer for 10 minutes.

Prep Time: 2 mins

Cook Time: 10 mins

Step 4

Mixing

Drain the cooked spaghetti noodles and add them to the pan with the marinara sauce. Toss to coat the noodles evenly.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Plating

Serve the Kid's Spaghetti with Marinara Sauce hot, topped with grated Parmesan cheese and fresh basil leaves.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 6 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Chinese

Diet

Anti-Inflammatory Diet

Course

Drinks

Breads

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Brunch

Supper

Difficulty Level

Medium

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