



Anchovy Linguine

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

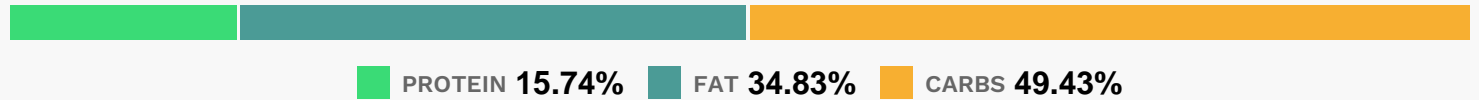
- 6 ounce anchovy filets canned
- 2 tablespoons parsley fresh chopped
- 4 cloves garlic minced
- 6 tablespoons olive oil
- 16 ounce linguini pasta
- 1 cup water

Equipment

Directions

- Brown sliced garlic in olive oil. Stir in parsley and chopped anchovies.
- Add water to cover, and simmer for a few minutes.
- Meanwhile, cook pasta in boiling salted water until al dente.
- Drain pasta. Toss with anchovy sauce.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:22.89, Inflammation Score:-4, Nutrition Score:16.427391435789%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 467.23kcal (23.36%), Fat: 17.91g (27.56%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 57.2g (19.07%), Net Carbohydrates: 54.69g (19.89%), Sugar: 2.05g (2.28%), Cholesterol: 24.1mg (8.03%), Sodium: 1048.3mg (45.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.44%), Selenium: 67.37µg (96.24%), Manganese: 0.76mg (37.86%), Vitamin B3: 6.96mg (34.79%), Vitamin K: 33.83µg (32.22%), Phosphorus: 218.16mg (21.82%), Vitamin E: 3.05mg (20.37%), Copper: 0.33mg (16.44%), Magnesium: 61.19mg (15.3%), Iron: 2.49mg (13.84%), Zinc: 1.8mg (11.99%), Fiber: 2.51g (10.02%), Potassium: 338.35mg (9.67%), Vitamin B6: 0.19mg (9.54%), Vitamin B2: 0.15mg (8.93%), Calcium: 88.43mg (8.84%), Vitamin B1: 0.1mg (6.35%), Vitamin B5: 0.6mg (6.01%), Folate: 19.38µg (4.84%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.48µg (3.21%), Vitamin C: 2.4mg (2.91%), Vitamin A: 123.84IU (2.48%)