



Bigoli with Onion-Anchovy Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce anchovy fillets canned drained finely chopped
- ☐ 1 cup chicken stock see
- ☐ 0.3 cup flat parsley finely chopped
- ☐ 3 clove garlic peeled chopped
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 0.3 cup olive oil
- ☐ 4 tablespoon butter unsalted

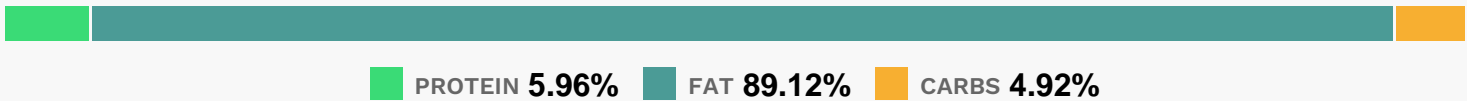
Equipment

- ☐ frying pan
- ☐ pot
- ☐ tongs

Directions

- ☐ Set a pot of salted water over medium-high heat and let it come to a slow boil as you prepare the sauce.
- ☐ Heat the olive oil and butter in the large skillet over medium heat. Once the butter has melted, stir in the onions and garlic; season with ½ teaspoon salt, and cover the pan.
- ☐ Let the onions cook slowly, stirring occasionally until well-softened and lightly golden colored, edged with brown, about 15 minutes.
- ☐ Add the chopped anchovies and cook, stirring until the anchovies melt in the hot oil.
- ☐ Add the noodles to the water and boil them until just barely cooked. The size and type of noodle you choose will determine the cooking time. Watch them carefully as you finish the sauce.Raise the heat, add the stock, and bring the sauce to a boil. Then lower the heat to medium once again and stir until the sauce thickens slightly, about 5 minutes. Season generously with freshly cracked black pepper and a little salt if needed (taste first).Using tongs drop the pasta (with some water still clinging) into the onion-anchovy sauce. Toss the pasta and sauce together until well coated.
- ☐ Add the parsley and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:7.6752173304558%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 261.53kcal (13.08%), Fat: 26.31g (40.48%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.01g (1.12%), Cholesterol: 37.92mg (12.64%), Sodium: 350.25mg (15.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin K: 72.03µg (68.6%), Vitamin E: 2.56mg (17.04%), Vitamin A: 671.97IU (13.44%), Vitamin B3: 2.43mg (12.16%), Selenium: 6.62µg (9.46%), Vitamin C: 5.81mg (7.04%), Vitamin B2: 0.09mg (5.18%), Iron: 0.83mg (4.6%), Phosphorus: 43.43mg (4.34%), Vitamin B6: 0.08mg (4.17%), Manganese: 0.08mg (4.16%), Potassium: 138.17mg (3.95%), Copper: 0.07mg (3.72%), Calcium: 32.09mg (3.21%), Magnesium: 10.44mg (2.61%), Folate: 10.15µg (2.54%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.34mg (2.26%), Vitamin D: 0.33µg (2.2%), Vitamin B12: 0.09µg (1.44%), Vitamin B5: 0.11mg (1.12%)