



Dinner Tonight: Pasta with Cauliflower and Anchovies

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



853 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs
- ☐ 5 canned tomatoes whole canned peeled chopped
- ☐ 1 head cauliflower finely chopped
- ☐ 5 garlic clove minced
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons flat parsley italian chopped
- ☐ 1 pound soup noodles

- ☐ 0.3 teaspoon pepper red
- ☐ 1 pinch saffron threads
- ☐ 4 servings salt and pepper black
- ☐ 3 tablespoons tomato paste

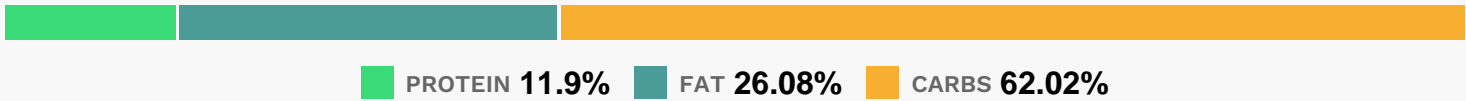
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Meanwhile, pour 1 tablespoon of the oil to a large skillet, turn the heat to medium-low, and add the bread crumbs. Stir well and cook until golden brown, about 20 minutes.
- ☐ Pour into a separate bowl and set aside.
- ☐ Pour the rest of the oil into the now empty large skillet and turn the heat to medium.
- ☐ Add the cauliflower florets and cook until they are beginning to soften, about 5 to 10 minutes.
- ☐ Add the garlic and red pepper flakes to the skillet, and season with salt and pepper to taste. Stir well, and cook for a minute.
- ☐ In a bowl, dissolve the tomato paste in 1/2 cup water.
- ☐ Pour this mixture into the skillet. Reduce the heat to low, cover, and cook for 15 to 20 minutes, or until the cauliflower is very tender.
- ☐ Add the pasta to the boiling water and cook according to the directions on the box. When done drain.
- ☐ Add the saffron to a small bowl and dissolve in 1/3 cup of warm water.
- ☐ Add this, the chopped tomatoes, and the anchovy paste to the large skillet. Turn the heat to medium-high and cook until the sauce is thick. Dump in the cooked pasta, and stir well.
- ☐ Serve the pasta with a sprinkling of bread crumbs and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:36.58, Inflammation Score:-9, Nutrition Score:44.757826364559%

Flavonoids

Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 852.81kcal (42.64%), Fat: 25.32g (38.96%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 135.51g (45.17%), Net Carbohydrates: 121.97g (44.35%), Sugar: 21.2g (23.56%), Cholesterol: 0mg (0%), Sodium: 1275.07mg (55.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.99%), Vitamin C: 123.54mg (149.74%), Selenium: 81.05µg (115.78%), Manganese: 2.01mg (100.74%), Vitamin K: 86.08µg (81.98%), Vitamin B6: 1.11mg (55.27%), Fiber: 13.54g (54.15%), Potassium: 1852.16mg (52.92%), Iron: 9.05mg (50.29%), Vitamin E: 7.36mg (49.07%), Vitamin B1: 0.68mg (45.53%), Folate: 176.98µg (44.24%), Phosphorus: 437mg (43.7%), Copper: 0.87mg (43.33%), Vitamin B3: 8.54mg (42.71%), Magnesium: 156.99mg (39.25%), Vitamin B2: 0.57mg (33.61%), Calcium: 278.73mg (27.87%), Vitamin B5: 2.25mg (22.51%), Zinc: 3.24mg (21.63%), Vitamin A: 990.03IU (19.8%), Vitamin B12: 0.09µg (1.57%)