



Eat for Eight Bucks: Sardine Linguine with Sundried Tomatoes and Olives

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



1147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large handful baby arugula
- ☐ 0.3 cup olives black pitted coarsely chopped
- ☐ 2 servings pepper black freshly ground
- ☐ 0.3 cup fennel bulb finely minced
- ☐ 2 cloves garlic with salt minced
- ☐ 1 juice of lemon
- ☐ 0.8 lb pasta

- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 servings pepper red
- ☐ 2 servings salt
- ☐ 1 can sardines boneless skinless drained in oil
- ☐ 0.3 cup sun-dried olives coarsely chopped

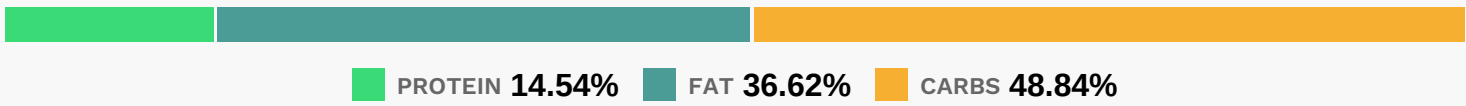
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ In large bowl combine olives, sundried tomatoes, sardines, olive oil, fennel, garlic, arugula, and 1 tablespoon of pine nuts.
- ☐ Add red pepper flakes to taste, a pinch of salt, and a few grinds of black pepper. Squeeze half of the lemon, and toss to combine, breaking up sardines slightly (you still want them in chunks, not pulverized). Set aside for 30 minutes.
- ☐ Bring large pot of heavily salted water to a boil over high heat.
- ☐ Add linguine. Cook until al dente according to package directions, about 11 minutes. Reserve ½ cup of pasta water and drain in colander.
- ☐ Scoop linguine into bowl with sardine mixture. Toss to coat, drizzling in reserved water as needed to help sauce coat strands. Top with remaining pine nuts, juice from remaining half lemon, and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:105.5, Glycemic Load:53.42, Inflammation Score:-9, Nutrition Score:40.946086800617%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 1146.52kcal (57.33%), Fat: 46.95g (72.23%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 140.89g (46.96%), Net Carbohydrates: 131.5g (47.82%), Sugar: 11.35g (12.61%), Cholesterol: 88.75mg (29.58%), Sodium: 716.41mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.95g (83.91%), Selenium: 142.38µg (203.4%), Manganese: 2.91mg (145.67%), Vitamin B12: 5.59µg (93.13%), Phosphorus: 757.44mg (75.74%), Vitamin E: 7.82mg (52.15%), Copper: 1mg (50.15%), Vitamin K: 49.65µg (47.28%), Magnesium: 179.51mg (44.88%), Vitamin B3: 8.26mg (41.29%), Potassium: 1315.9mg (37.6%), Fiber: 9.39g (37.55%), Iron: 6.72mg (37.33%), Calcium: 335.06mg (33.51%), Zinc: 4.34mg (28.94%), Vitamin B6: 0.5mg (25.24%), Vitamin B1: 0.34mg (22.39%), Vitamin A: 1103.48IU (22.07%), Vitamin B2: 0.37mg (21.86%), Vitamin D: 3µg (20%), Vitamin C: 15.03mg (18.22%), Folate: 66.43µg (16.61%), Vitamin B5: 1.58mg (15.82%)