



Farfalle with Red Caesar Dressing

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 6 cups farfalle pasta hot cooked uncooked (5 cups bow tie pasta)
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 10.8 ounce tomato purée canned

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1.5 tablespoons worcestershire sauce

Equipment

☐

bowl

☐

whisk

Directions

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Combine first 8 ingredients in a large bowl; stir well with a whisk.

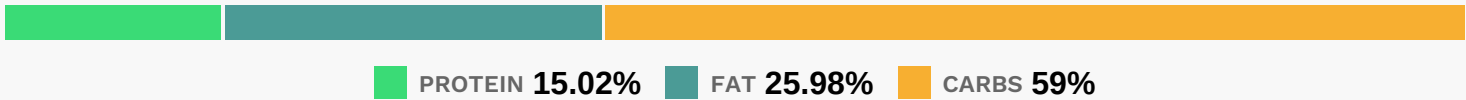
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Add pasta; toss well.

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Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:23.62, Inflammation Score:-7, Nutrition Score:19.020869397599%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 377.38kcal (18.87%), Fat: 10.95g (16.84%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 55.96g (18.65%), Net Carbohydrates: 51.42g (18.7%), Sugar: 5.09g (5.65%), Cholesterol: 8.22mg (2.74%), Sodium: 449.97mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Vitamin K: 132.05µg (125.76%), Selenium: 45.82µg (65.46%), Manganese: 0.69mg (34.39%), Vitamin C: 19.73mg (23.92%), Iron: 4.09mg (22.71%), Phosphorus: 184.13mg (18.41%), Fiber: 4.53g (18.14%), Vitamin A: 858.3IU (17.17%), Copper: 0.34mg (16.98%), Vitamin E: 2.27mg (15.14%), Calcium: 150.37mg (15.04%), Magnesium: 54.21mg (13.55%), Vitamin B3: 2.52mg (12.61%), Potassium: 422.82mg (12.08%), Vitamin B6: 0.23mg (11.59%), Zinc: 1.4mg (9.32%), Folate: 34.45µg (8.61%), Vitamin B2: 0.13mg (7.44%), Vitamin B1: 0.11mg (7.25%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.12µg (2%)