



Island Style Linguine

 Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

311 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 12 olives black pitted chopped
- ☐ 1 tablespoon capers
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 teaspoon caper juice
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 1 teaspoon oregano
- ☐ 1 teaspoon parsley
- ☐ 14 ounces linguine pasta
- ☐ 1 pound tomatoes peeled seeded chopped
- ☐ 1 pinch sugar white

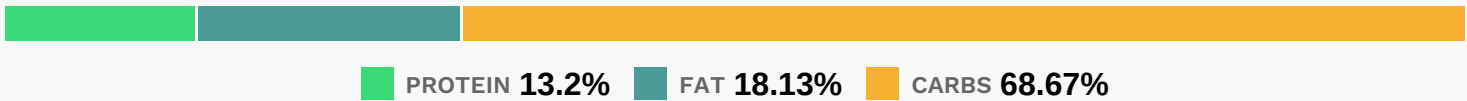
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook linguine at a boil until tender yet firm to the bite, about 11 minutes; drain.
- ☐ Heat olive oil in a large skillet over medium-low heat. Cook and stir garlic in hot oil until fragrant and golden, 3 to 5 minutes. Gently stir anchovy paste, capers, and caper juice into oil.
- ☐ Stir tomatoes, olives, oregano, and sugar into hot oil mixture, increase heat to medium, and cook until fragrant and heated through, about 10 minutes.
- ☐ Remove skillet from heat and stir in basil and parsley. Season with salt and black pepper.
- ☐ Pour sauce over linguine and serve.

Nutrition Facts



Properties

Glycemic Index:59.97, Glycemic Load:20.85, Inflammation Score:-7, Nutrition Score:11.979130555754%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.75mg,

Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 311.41kcal (15.57%), Fat: 6.27g (9.65%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 49.92g (18.15%), Sugar: 4.07g (4.52%), Cholesterol: 2.27mg (0.76%), Sodium: 267.67mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Selenium: 43.8µg (62.58%), Manganese: 0.74mg (37.13%), Phosphorus: 152.2mg (15.22%), Vitamin A: 706.93IU (14.14%), Fiber: 3.52g (14.08%), Vitamin K: 14.25µg (13.57%), Copper: 0.27mg (13.35%), Vitamin C: 10.73mg (13%), Magnesium: 48.21mg (12.05%), Vitamin B3: 2.16mg (10.79%), Potassium: 355.55mg (10.16%), Vitamin E: 1.47mg (9.82%), Vitamin B6: 0.17mg (8.69%), Iron: 1.43mg (7.96%), Zinc: 1.16mg (7.7%), Folate: 25.44µg (6.36%), Vitamin B1: 0.09mg (6.24%), Vitamin B2: 0.07mg (4.08%), Calcium: 40.31mg (4.03%), Vitamin B5: 0.39mg (3.88%)