



WHATSheATE



## Linguine with Caper and Green Olive Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients



3.5 ounce capers drained roughly chopped



0.5 cup flat-leaf parsley fresh coarsely chopped



2 cloves garlic thinly sliced



0.5 teaspoon lemon zest



1 pound pasta



26 ounce tomatoes



1 tablespoon olive oil



6.8 ounce olives spanish drained roughly chopped

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0.3 teaspoon pepper flakes   red crushed

## Equipment

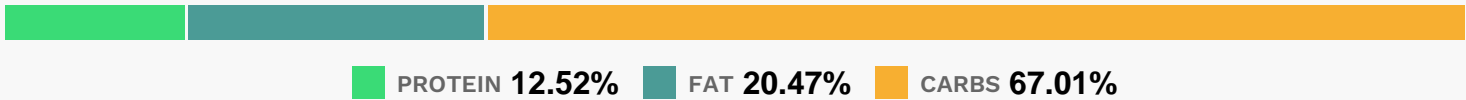
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sauce pan

## Directions

- ☐
- Heat the olive oil, garlic, and crushed red pepper in a large saucepan over medium heat until fragrant, about 2 minutes.
- ☐
- Add the marinara sauce, olives, capers, parsley, and lemon zest. Reduce heat to low and simmer for about 15 minutes. Meanwhile, cook the linguine according to the package instructions.
- ☐
- Drain and add the linguine to the sauce, tossing to coat.
- ☐
- Transfer to a large serving dish and serve family-style.Tip: Capers and olives are often packed in brine, which can make a dish very salty. If you are watching your salt intake, rinse them before cooking.

## Nutrition Facts



## Properties

Glycemic Index:24.83, Glycemic Load:24.94, Inflammation Score:-8, Nutrition Score:20.044347742329%

## Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 21.8mg, Kaempferol: 21.8mg, Kaempferol: 21.8mg, Kaempferol: 21.8mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 28.57mg, Quercetin: 28.57mg, Quercetin: 28.57mg

## Nutrients (% of daily need)

Calories: 384.23kcal (19.21%), Fat: 8.92g (13.73%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 65.72g (21.91%), Net Carbohydrates: 59.65g (21.69%), Sugar: 6.7g (7.44%), Cholesterol: 0mg (0%), Sodium: 1546.68mg (67.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.55%), Vitamin K: 91.54µg (87.18%), Selenium: 49.17µg (70.24%), Manganese: 0.86mg (43.19%), Fiber: 6.08g (24.3%), Vitamin E: 3.62mg (24.13%), Copper: 0.47mg (23.57%), Vitamin A: 1126.17IU (22.52%), Vitamin C: 16.49mg (19.99%), Phosphorus: 183.68mg (18.37%), Magnesium: 70.36mg (17.59%), Potassium: 587.08mg (16.77%), Iron: 2.95mg (16.39%), Vitamin B3: 2.77mg (13.84%), Vitamin B6:

0.26mg (13.02%), Zinc: 1.47mg (9.81%), Folate: 37.1µg (9.27%), Vitamin B2: 0.16mg (9.26%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.74mg (7.44%), Calcium: 65.51mg (6.55%)