



Linguine with Puttanesca Sauce

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 fillet anchovy dry finely chopped
- ☐ 1 lb beefsteak tomatoes finely chopped
- ☐ 2 tablespoons bottled capers drained chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 1 lb pasta dried

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes dried red hot
- ☐ 2 tablespoons red-wine vinegar

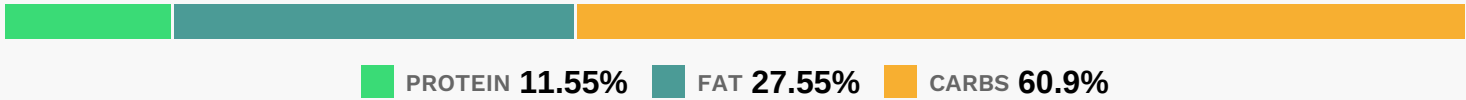
Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ Stir together all ingredients except linguine in a large bowl.
- ☐ Cook linguine in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 1 cup cooking water and drain linguine in a colander.
- ☐ Add hot linguine and 1/3 cup pasta cooking water to sauce and toss to coat, adding more water if necessary. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:35.49, Inflammation Score:-9, Nutrition Score:24.950000043796%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 599.73kcal (29.99%), Fat: 18.37g (28.26%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 91.35g (30.45%), Net Carbohydrates: 85.26g (31%), Sugar: 6.23g (6.92%), Cholesterol: 2.4mg (0.8%), Sodium: 400.28mg (17.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Vitamin K: 150.03µg (142.88%), Selenium: 73.71µg (105.3%), Manganese: 1.26mg (62.77%), Vitamin A: 1830.07IU (36.6%), Vitamin C: 26.78mg

(32.47%), Phosphorus: 259.84mg (25.98%), Fiber: 6.09g (24.35%), Vitamin E: 3.55mg (23.68%), Copper: 0.47mg (23.36%), Magnesium: 83.66mg (20.91%), Potassium: 610.05mg (17.43%), Vitamin B3: 3.39mg (16.95%), Iron: 2.78mg (15.44%), Vitamin B6: 0.31mg (15.33%), Zinc: 2.02mg (13.44%), Folate: 52.11µg (13.03%), Vitamin B1: 0.16mg (10.85%), Calcium: 70.78mg (7.08%), Vitamin B2: 0.12mg (7.07%), Vitamin B5: 0.67mg (6.7%)