



Linguine with Two-Olive Marinara

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.8 cup olives green pitted sliced (15)
- ☐ 10 ounce pasta uncooked
- ☐ 2 teaspoons olive oil

- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 0.7 cup onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 3 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon sugar

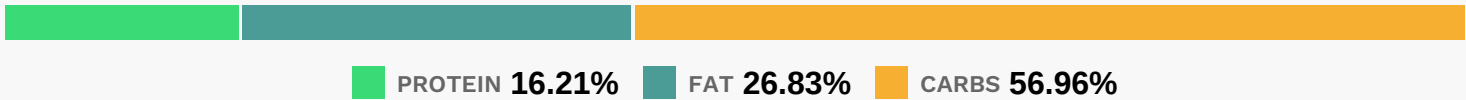
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion; saut 3 minutes or until tender. Stir in garlic; saut 1 minute.
- ☐ Add olives; saut 30 seconds. Stir in sugar, red pepper, black pepper, and oregano; cook 1 minute, stirring constantly.
- ☐ Add wine; cook 30 seconds. Stir in tomatoes; bring to a boil. Reduce heat, and simmer 30 minutes.
- ☐ Remove from heat; keep warm.
- ☐ Cook pasta according to package directions, omitting the salt and fat.
- ☐ Drain. Arrange 2/3 cup pasta on each of 6 plates; top each serving with 1/2 cup sauce, 2 tablespoons cheese, and 1 teaspoon parsley.

Nutrition Facts



Properties

Glycemic Index:53.02, Glycemic Load:17.73, Inflammation Score:-7, Nutrition Score:16.920000064632%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg

2.88mg, Apigenin: 2.88mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 347.18kcal (17.36%), Fat: 10.34g (15.91%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 49.4g (16.47%), Net Carbohydrates: 44g (16%), Sugar: 8.43g (9.37%), Cholesterol: 9.64mg (3.21%), Sodium: 837.48mg (36.41%), Alcohol: 1.37g (100%), Alcohol %: 0.68% (100%), Protein: 14.06g (28.12%), Selenium: 34.46µg (49.23%), Manganese: 0.76mg (38.15%), Vitamin K: 31.25µg (29.76%), Calcium: 249.17mg (24.92%), Phosphorus: 242.49mg (24.25%), Copper: 0.43mg (21.66%), Fiber: 5.4g (21.6%), Vitamin E: 3.04mg (20.26%), Vitamin C: 15.78mg (19.13%), Vitamin B6: 0.34mg (16.98%), Magnesium: 65.45mg (16.36%), Potassium: 570.88mg (16.31%), Iron: 2.83mg (15.72%), Vitamin B3: 2.6mg (13.01%), Vitamin A: 642.65IU (12.85%), Vitamin B1: 0.17mg (11.12%), Zinc: 1.51mg (10.07%), Vitamin B2: 0.16mg (9.26%), Folate: 33.34µg (8.34%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.17µg (2.83%)