



## Macaroni with Anchovies and Arugula

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 11 oz arugula leaves rinsed drained
- ☐ 2.3 oz olives black ripe drained sliced canned
- ☐ 2 oz anchovy fillets minced drained canned
- ☐ 0.1 teaspoon chili flakes hot
- ☐ 6 cloves garlic peeled chopped
- ☐ 7 oz macaroni dried
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper

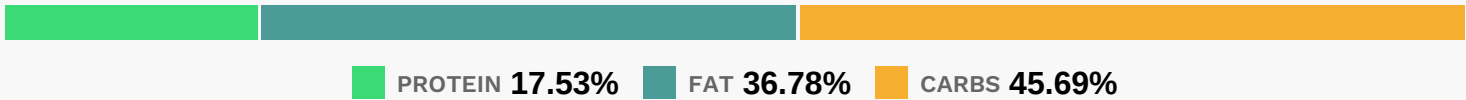
# Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ In a covered 5- to 6-quart pan over high heat, bring 2 to 3 quarts water to a boil.
- ☐ Add macaroni and cook, uncovered, until barely tender to bite, about 6 minutes.
- ☐ When macaroni is almost tender, add arugula; stir and cook just until leaves wilt, about 1 minute.
- ☐ Drain pasta and greens and put in a bowl. Quickly rinse and dry pan.
- ☐ Add oil and garlic to pan over medium heat; stir until garlic is limp, about 1 minute.
- ☐ Add anchovies, olives, pepper, and chili flakes; stir and add pasta, greens, and 1/2 cup cheese.
- ☐ Mix well and pour back into bowl.
- ☐ Add more parmesan cheese to taste.

# Nutrition Facts



# Properties

Glycemic Index:23.5, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:21.858260776686%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg Kaempferol: 27.21mg, Kaempferol: 27.21mg, Kaempferol: 27.21mg, Kaempferol: 27.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

# Nutrients (% of daily need)

Calories: 378.14kcal (18.91%), Fat: 15.62g (24.02%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 40.14g (14.6%), Sugar: 3.07g (3.41%), Cholesterol: 22.92mg (7.64%), Sodium: 1013.71mg (44.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Vitamin K: 91.74µg (87.37%), Selenium:

46.42µg (66.31%), Manganese: 0.82mg (41.11%), Vitamin A: 2046.1IU (40.92%), Calcium: 295.81mg (29.58%), Phosphorus: 257.18mg (25.72%), Folate: 87.8µg (21.95%), Magnesium: 80.28mg (20.07%), Vitamin B3: 3.99mg (19.95%), Vitamin E: 2.57mg (17.13%), Vitamin C: 13.1mg (15.88%), Iron: 2.71mg (15.07%), Potassium: 526.11mg (15.03%), Copper: 0.29mg (14.53%), Fiber: 3.51g (14.04%), Zinc: 2.02mg (13.44%), Vitamin B2: 0.2mg (11.66%), Vitamin B6: 0.23mg (11.43%), Vitamin B5: 0.76mg (7.57%), Vitamin B1: 0.11mg (7.07%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.3µg (2.02%)