



Orecchiette Puttanesca

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 fillet anchovy canned packed in oil, drained
- ☐ 1 tablespoon capers
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lemon rind grated

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound orecchiette uncooked
- ☐ 0.5 cup parmesan cheese fresh grated
- ☐ 1.5 pounds plum tomatoes chopped
- ☐ 2 tablespoons onion red chopped
- ☐ 0.5 teaspoon salt

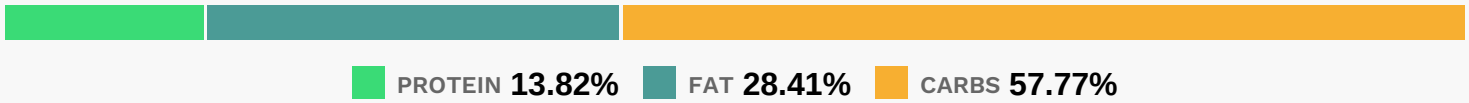
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While pasta is cooking, combine capers and next 8 ingredients (capers through pepper) in a bowl.
- ☐ Return pasta to pan. Stir in caper-anchovy mixture, tomatoes, onion, basil, and parsley.
- ☐ Sprinkle with cheese. Serving size: 1 cup pasta mixture and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:18.04, Inflammation Score:-8, Nutrition Score:15.554347518993%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 325.47kcal (16.27%), Fat: 10.32g (15.87%), Saturated Fat: 2.29g (14.28%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 43.84g (15.94%), Sugar: 4.17g (4.64%), Cholesterol: 6.16mg (2.05%), Sodium: 431.71mg (18.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.59%), Vitamin K: 75.21µg (71.63%), Selenium: 38.86µg (55.51%), Manganese: 0.65mg (32.26%), Vitamin C: 21.07mg (25.54%), Vitamin A: 1119.88IU (22.4%), Phosphorus: 180.8mg (18.08%), Fiber: 3.37g (13.49%), Copper: 0.24mg (12.21%), Vitamin E: 1.8mg (11.98%), Magnesium: 47.62mg (11.91%), Calcium: 111.64mg (11.16%), Potassium: 383.19mg (10.95%), Vitamin B3: 2.02mg (10.09%), Vitamin B6: 0.17mg (8.64%), Zinc: 1.23mg (8.21%), Iron: 1.47mg (8.19%), Folate: 31.9µg (7.97%), Vitamin B1: 0.09mg (6.31%), Vitamin B2: 0.09mg (5.16%), Vitamin B5: 0.4mg (4.02%), Vitamin B12: 0.09µg (1.58%)