



Pantry Puttanesca

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

Ingredients

- 3 fillet anchovy chopped to taste
- 30 ounce tomatoes diced canned drained
- 0.3 cup capers chopped
- 3 cloves garlic minced
- 0.5 cup kalamata olives pitted chopped
- 0.3 cup olive oil
- 1 teaspoon oregano dried
- 0.3 teaspoon pepper flakes red crushed to taste

8 ounce pasta like spaghetti

Equipment

frying pan

pot

Directions

Fill a large pot with water. Bring to a rolling boil over high heat.

As the water heats, pour the olive oil into a cold skillet and stir in the garlic. Turn heat to medium-low and cook and stir until the garlic is fragrant and begins to turn a golden color, 1 to 2 minutes. Stir in the red pepper flakes, oregano, and anchovies. Cook until anchovies begin to break down, about 2 minutes.

Pour tomatoes into skillet, turn heat to medium-high, and bring sauce to a simmer. Use the back of a spoon to break down tomatoes as they cook. Simmer until sauce is reduced and combined, about 10 minutes.

Meanwhile, cook the pasta in the boiling water.

Drain when still very firm to the bite, about 9 minutes. Reserve 1/2 cup pasta water.

Stir the olives and capers into the sauce; add pasta and toss to combine.

Toss pasta in sauce until pasta is cooked through and well coated with sauce, about 1 minute. If sauce becomes too thick, stir in some of the reserved pasta water to thin.

Nutrition Facts



PROTEIN 9.12% **FAT 43.82%** **CARBS 47.06%**

Properties

Glycemic Index:19.25, Glycemic Load:17.24, Inflammation Score:-8, Nutrition Score:16.310000028299%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 14.39mg, Kaempferol: 14.39mg, Kaempferol: 14.39mg, Kaempferol: 14.39mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 19.97mg, Quercetin: 19.97mg, Quercetin: 19.97mg, Quercetin: 19.97mg

Nutrients (% of daily need)

Calories: 441.56kcal (22.08%), Fat: 22g (33.85%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 48.03g (17.46%), Sugar: 6.76g (7.51%), Cholesterol: 1.8mg (0.6%), Sodium: 879.6mg (38.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Selenium: 37.79µg (53.99%), Manganese: 0.76mg (37.95%), Vitamin E: 5mg (33.32%), Vitamin C: 20.96mg (25.4%), Vitamin K: 23.27µg (22.16%), Fiber: 5.15g (20.6%), Iron: 3.51mg (19.48%), Copper: 0.39mg (19.46%), Vitamin B6: 0.36mg (18.21%), Potassium: 567.06mg (16.2%), Phosphorus: 159.11mg (15.91%), Magnesium: 62.23mg (15.56%), Vitamin B3: 3.06mg (15.32%), Calcium: 108.03mg (10.8%), Vitamin B2: 0.18mg (10.67%), Vitamin B1: 0.16mg (10.64%), Zinc: 1.24mg (8.24%), Folate: 31.79µg (7.95%), Vitamin A: 377.45IU (7.55%), Vitamin B5: 0.54mg (5.41%)