



WHATSheATE

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

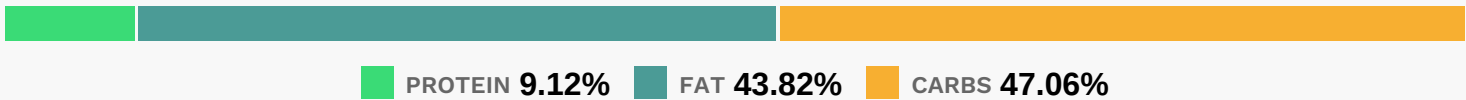
☐ frying pan

☐ 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



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: 0g (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%)