



## Pasta con le Sarde

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



797 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cup bread crumbs fresh
- 1 fennel bulb diced
- 0.3 cup parsley fresh chopped
- 4 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 0.5 cup olive oil
- 0.5 cup parmesan grated
- 0.8 teaspoon salt

- 8.8 ounces sardines boneless skinless drained canned
- 1 pound pasta like spaghetti
- 1 cup tomatoes in purée thick canned crushed

## Equipment

- frying pan
- pot

## Directions

- In a large frying pan, heat 1/4 cup of the oil over moderate heat.
- Add the bread crumbs and cook, stirring, until golden, about 5 minutes.
- Remove the crumbs from the pan and toss with the Parmesan. Wipe out the pan.
- In the same pan, heat the remaining 1/4 cup oil over moderately high heat.
- Add the fennel and cook, stirring occasionally, until golden, 5 to 10 minutes.
- Add the garlic and cook, stirring, 1 minute longer. Stir in the tomatoes and bring to a simmer. Reduce the heat and simmer until thick, about 10 minutes.
- Add the sardines, parsley, salt, and pepper. Break up the sardines with a fork.
- Remove from the heat.
- In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes.
- Drain. Toss the spaghetti with the sauce and half of the bread crumbs. Top with the remaining crumbs.
- Variation: If you're fortunate enough to find fresh sardines, substitute one pound of them, filleted, for the canned sardines.
- Add them to the pan along with the garlic and saut for two to three minutes before adding the tomatoes.
- Wine Recommendation: Mastroberardino is the acknowledged master winemaker of southern Italy. His Lacrimarosa, a uniquely earthy, tart, and delicately flavored ros, seems to have been made with a dish such as this in mind.

## Nutrition Facts



■ PROTEIN 20.29% ■ FAT 21.81% ■ CARBS 57.9%

## Properties

Glycemic Index:61.5, Glycemic Load:36.84, Inflammation Score:-8, Nutrition Score:40.129999865656%

## Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 797.03kcal (39.85%), Fat: 19.18g (29.51%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 114.58g (38.19%), Net Carbohydrates: 106.53g (38.74%), Sugar: 9.83g (10.92%), Cholesterol: 96.56mg (32.19%), Sodium: 1144.15mg (49.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.16g (80.32%), Selenium: 115.18µg (164.54%), Vitamin K: 108.88µg (103.69%), Vitamin B12: 5.79µg (96.48%), Manganese: 1.67mg (83.45%), Phosphorus: 705.26mg (70.53%), Calcium: 519.39mg (51.94%), Vitamin B3: 8.19mg (40.95%), Iron: 6.25mg (34.7%), Copper: 0.68mg (34.17%), Fiber: 8.06g (32.23%), Vitamin B1: 0.48mg (31.89%), Magnesium: 126.51mg (31.63%), Potassium: 1019.22mg (29.12%), Vitamin B2: 0.42mg (24.51%), Vitamin B6: 0.47mg (23.41%), Zinc: 3.51mg (23.37%), Vitamin C: 18.51mg (22.44%), Vitamin E: 3.35mg (22.3%), Folate: 85.87µg (21.47%), Vitamin D: 3.04µg (20.26%), Vitamin B5: 1.43mg (14.33%), Vitamin A: 690.6IU (13.81%)