



HEALTH SCORE

71%

Pasta Con Sarde (Pasta with Sardines)



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



770 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce sardines packed in olive oil, drained canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 0.8 cup olive oil divided
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup seasoned bread crumbs
- ☐ 16 ounce pasta like spaghetti

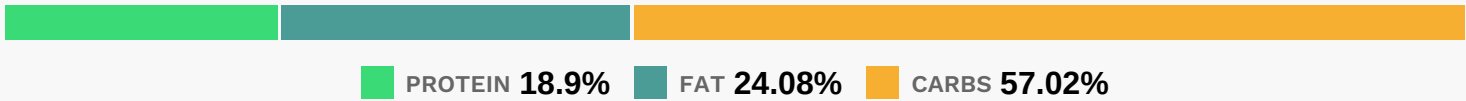
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the spaghetti, and cook until al dente, or 8 to 10 minutes.
- ☐ Drain, and rinse under cold water. Toss with 1/4 cup olive oil, cover and keep warm.
- ☐ Place another 1/4 cup olive oil in a skillet, and heat over medium heat. Stir in the garlic, and cook just until golden, 2 to 3 minutes.
- ☐ Add the sardines, and cook 1 minute more. Stir in the bread crumbs and 1/3 cup Parmesan cheese. If necessary to give the mixture a crumbly texture, stir in the remaining 1/4 cup of olive oil. Stir in the parsley and pepper, and remove from the heat. If desired, serve with additional Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:34.56, Inflammation Score:-7, Nutrition Score:33.558695710224%

Flavonoids

Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 769.54kcal (38.48%), Fat: 20.32g (31.26%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 108.3g (36.1%), Net Carbohydrates: 102.86g (37.4%), Sugar: 4.84g (5.37%), Cholesterol: 88.06mg (29.35%), Sodium: 730.63mg (31.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.89g (71.78%), Selenium: 112.54µg (160.77%), Vitamin B12: 5.29µg (88.11%), Vitamin K: 82.8µg (78.86%), Manganese: 1.55mg (77.42%), Phosphorus: 607.93mg (60.79%), Calcium: 384.29mg (38.43%), Vitamin B3: 6.84mg (34.2%), Vitamin B1: 0.45mg (30.05%), Iron: 5.05mg (28.03%), Copper: 0.54mg (26.77%), Magnesium: 102.79mg (25.7%), Fiber: 5.44g (21.77%), Zinc: 3.23mg (21.53%), Vitamin B2:

0.36mg (21.15%), Vitamin B6: 0.37mg (18.72%), Vitamin D: 2.76µg (18.42%), Potassium: 608.15mg (17.38%), Vitamin E: 2.61mg (17.37%), Folate: 68.2µg (17.05%), Vitamin B5: 1.12mg (11.16%), Vitamin A: 510.26IU (10.21%), Vitamin C: 7.2mg (8.73%)