



Pasta Putanesca

READY IN



25 min.

SERVINGS



25

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup olives black sliced
- 2 Tbsp capers
- 0.1 tsp pepper red crushed
- 9 oz pasta refrigerated
- 1 tsp olive oil
- 0.3 cup onions chopped
- 0.5 cup polly-o parmesan cheese shredded
- 1.8 cups classico tomato and basil pasta sauce

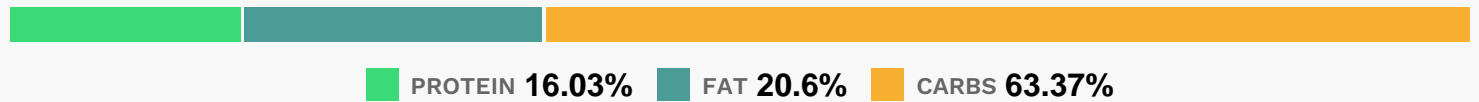
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package.
- Meanwhile, heat oil in large skillet on medium-high heat.
- Add onions; cook and stir 3 min. or until tender.
- Add pasta sauce, olives, capers and crushed red pepper; mix well. Reduce heat to medium; simmer 3 min. or until heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add sauce; toss to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:3.11, Inflammation Score:-1, Nutrition Score:1.7395652095261%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 56.38kcal (2.82%), Fat: 1.28g (1.96%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 8.84g (2.94%), Net Carbohydrates: 8.13g (2.96%), Sugar: 1g (1.11%), Cholesterol: 1.36mg (0.45%), Sodium: 105.89mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Selenium: 6.93µg (9.9%), Manganese: 0.1mg (4.84%), Phosphorus: 33.79mg (3.38%), Calcium: 30mg (3%), Fiber: 0.7g (2.82%), Copper: 0.04mg (1.75%), Magnesium: 6.84mg (1.71%), Potassium: 55.97mg (1.6%), Vitamin A: 77.37IU (1.55%), Zinc: 0.2mg (1.37%), Iron: 0.22mg (1.24%)