

Pasta Puttanesca

READY IN



25 min.

SERVINGS



4

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons anchovy paste
- 56 ounce tomatoes crushed canned
- 3 tablespoons capers drained
- 2 tablespoons garlic minced
- 1 cup greek olives pitted halved (kalamata)
- 4 servings puttanesca sauce
- 1 medium onion chopped
- 4 tablespoons parmesan grated
- 1 pound rotelle pasta (or any spiral shape) uncooked

- 0.5 teaspoon pepper flakes red crushed
- 0.5 cup red wine
- 0.5 teaspoon salt
- 2 teaspoons vegetable oil

Equipment

- bowl
- sauce pan
- aluminum foil

Directions

- *Cooks note: this amount of sauce makes enough for 3 pasta meals and enough for 4 Quick Fix dinners based on pasta puttanesca. If you are only making this recipe, the extra sauce can be frozen for up to 3 months.
- Cook pasta according to package directions.
- Drain, transfer to a large bowl and cover with foil to keep warm.
- Meanwhile, heat oil in a large saucepan over medium heat.
- Add onion and garlic and saute 2 minutes.
- Add tomatoes, olives, capers, anchovy paste, salt, and red pepper flakes and stir to combine.
- Add the wine and bring mixture to a boil. Reduce heat and simmer 15 minutes.
- Pour 2 cups of mixture over pasta and toss to combine. Top with Parmesan. Refrigerate or freeze remaining sauce until ready to use.

Nutrition Facts



PROTEIN 14.54% **FAT 15.6%** **CARBS 69.86%**

Properties

Glycemic Index:44.75, Glycemic Load:43.27, Inflammation Score:-9, Nutrition Score:36.183043241501%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 688.21kcal (34.41%), Fat: 11.96g (18.39%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 120.44g (40.15%), Net Carbohydrates: 107.33g (39.03%), Sugar: 22.38g (24.87%), Cholesterol: 5.95mg (1.98%), Sodium: 1723.31mg (74.93%), Alcohol: 3.18g (100%), Alcohol %: 0.65% (100%), Protein: 25.06g (50.12%), Selenium: 78.41µg (112.01%), Manganese: 1.92mg (96.09%), Copper: 1.16mg (57.87%), Fiber: 13.11g (52.46%), Vitamin C: 40.06mg (48.55%), Vitamin E: 6.82mg (45.49%), Potassium: 1552.5mg (44.36%), Vitamin B6: 0.88mg (44.19%), Iron: 7.39mg (41.05%), Phosphorus: 407.28mg (40.73%), Magnesium: 157.17mg (39.29%), Vitamin B3: 7.66mg (38.32%), Vitamin B1: 0.44mg (29%), Vitamin K: 28.25µg (26.9%), Calcium: 261.84mg (26.18%), Vitamin A: 1110.12IU (22.2%), Zinc: 3.06mg (20.4%), Folate: 80.86µg (20.21%), Vitamin B2: 0.34mg (19.77%), Vitamin B5: 1.72mg (17.2%), Vitamin B12: 0.09µg (1.44%)