



Pasta Puttanesca

 Very Healthy

READY IN



17 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon anchovy paste
- 0.8 cup arugula fresh chopped
- 14 ounce canned tomatoes diced canned
- 2 tablespoons capers
- 0.3 cup flat-leaf parsley chopped
- 2 cloves garlic minced
- 0.3 cup greek olives spanish pitted chopped
- 1 tablespoon olive oil extra-virgin

- 1 tablespoon oregano leaves dried fresh
- 0.3 cup parmesan grated
- 0.1 teaspoon pepper flakes red crushed
- 8 ounces angel hair whole-wheat thin

Equipment

- frying pan
- pot

Directions

- Watch how to make this recipe.
- Bring a large pot of water to a boil, add pasta and cook according to the directions on the package.
- While the pasta is cooking, heat the oil in a large skillet over a medium flame.
- Add the garlic and saute until fragrant, about 1 minute.
- Add the parsley, olives, capers, anchovy paste, oregano and crushed red pepper to the skillet, and saute for 2 minutes more.
- Add the tomatoes and simmer for about 5 minutes. Stir in the arugula and simmer for 1 minute more, until the greens wilt slightly.
- When the pasta is done, drain it and add it to the skillet, tossing it with the sauce to combine. Top with grated cheese.

Nutrition Facts



PROTEIN 15.92% **FAT 21.09%** **CARBS 62.99%**

Properties

Glycemic Index:41, Glycemic Load:2.32, Inflammation Score:-9, Nutrition Score:25.058695736139%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg, Kaempferol: 6.64mg Myricetin: 0.77mg,

Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 309.27kcal (15.46%), Fat: 7.79g (11.99%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 49.24g (17.9%), Sugar: 4.67g (5.19%), Cholesterol: 5.53mg (1.84%), Sodium: 538.55mg (23.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.47%), Manganese: 2.03mg (101.41%), Vitamin K: 102.71µg (97.82%), Selenium: 44.84µg (64.05%), Magnesium: 115.06mg (28.77%), Iron: 4.46mg (24.76%), Copper: 0.49mg (24.72%), Vitamin B1: 0.37mg (24.57%), Phosphorus: 235.11mg (23.51%), Vitamin B3: 4.64mg (23.18%), Vitamin C: 17.01mg (20.62%), Calcium: 175.7mg (17.57%), Vitamin A: 851.54IU (17.03%), Vitamin E: 2.47mg (16.48%), Vitamin B6: 0.33mg (16.39%), Folate: 61.29µg (15.32%), Potassium: 496.24mg (14.18%), Zinc: 1.96mg (13.07%), Fiber: 3.1g (12.4%), Vitamin B2: 0.18mg (10.7%), Vitamin B5: 0.94mg (9.36%), Vitamin B12: 0.09µg (1.47%)