



Pasta Puttanesca

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce anchovies drained chopped canned
- ☐ 28 ounce canned tomatoes with added puree crushed canned
- ☐ 0.3 cup capers drained
- ☐ 0.3 cup parsley leaves fresh chopped for garnish
- ☐ 6 garlic cloves chopped
- ☐ 1 cup kalamata olives pitted halved
- ☐ 1 pound pasta
- ☐ 0.5 teaspoon pepper dried red crushed

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 pound shrimp peeled

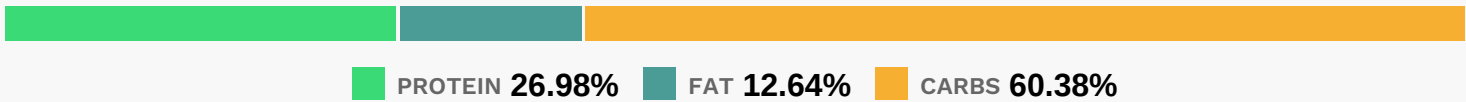
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot, cook pasta in boiling salted water until tender but still firm to bite, stirring occasionally with a spoon.
- ☐ Drain and set aside. In a large skillet, heat the reserved oil from anchovies over medium-high heat.
- ☐ Add chopped anchovies; saute until aroma is released.
- ☐ Add garlic and saute 1 minute.
- ☐ Add tomatoes, shrimp, olives, capers, and dried crushed red pepper. Simmer over medium heat until slightly thickened, stirring occasionally, about 5 minutes. To the skillet add drained pasta and toss in anchovy mixture to coat, garnish with parsley. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:25.73, Inflammation Score:-7, Nutrition Score:23.963043378747%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 9.63mg, Kaempferol: 9.63mg, Kaempferol: 9.63mg, Kaempferol: 9.63mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 447.6kcal (22.38%), Fat: 6.39g (9.83%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 68.67g (22.89%), Net Carbohydrates: 62.5g (22.73%), Sugar: 8.06g (8.96%), Cholesterol: 129.75mg (43.25%), Sodium: 1173.98mg

(51.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Selenium: 55.77µg (79.67%), Vitamin K: 65.4µg (62.28%), Manganese: 1.05mg (52.33%), Copper: 0.86mg (42.97%), Phosphorus: 379.62mg (37.96%), Magnesium: 107.22mg (26.81%), Vitamin B3: 4.97mg (24.84%), Fiber: 6.16g (24.66%), Potassium: 854.65mg (24.42%), Iron: 4.06mg (22.56%), Vitamin C: 17.86mg (21.64%), Vitamin E: 3.07mg (20.43%), Vitamin B6: 0.38mg (18.88%), Zinc: 2.78mg (18.52%), Calcium: 156.8mg (15.68%), Vitamin A: 717.74IU (14.35%), Vitamin B1: 0.19mg (12.67%), Vitamin B2: 0.17mg (9.91%), Folate: 39.61µg (9.9%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.08µg (1.39%), Vitamin D: 0.16µg (1.07%)