



Pasta Puttanesca



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp olive oil extra virgin
- ☐ 0.5 cup onion finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 3 anchovies canned chopped
- ☐ 2 Tbsp tomato paste
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 2 teaspoons oregano dried

- ☐ 2 Tbsp capers (non-pariel)
- ☐ 95 g olives green black pitted roughly chopped (or)
- ☐ 1 pound pasta like spaghetti
- ☐ 4 servings salt
- ☐ 4 servings olive oil extra virgin for drizzling
- ☐ 0.3 cup parsley fresh chopped

Equipment

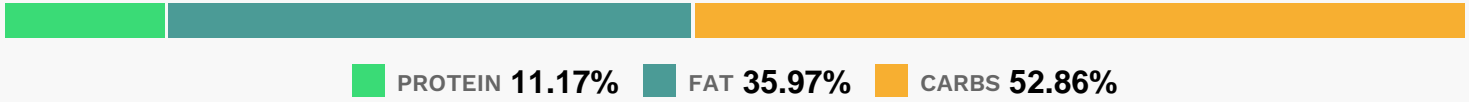
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat pasta water: Bring a large pot of salted water to a boil (1 Tbsp of salt for every 2 quarts of water). While the water is heating, start making the sauce.
- ☐ Cook onions, anchovies, garlic:
- ☐ Heat the olive oil over medium heat in a large, deep sauté pan. When the oil is hot, cook the onions until they're soft and translucent, about 4-5 minutes.
- ☐ While the onions are cooking, stir in the chopped anchovies along with some of the oil from the can.
- ☐ Add the finely chopped garlic and cook another minute.
- ☐ Mix in the tomato paste and cook it for 2 minutes, stirring occasionally.
- ☐ Add the crushed tomatoes, oregano, chili pepper flakes, olives, and capers. Bring the sauce to a simmer, then lower the heat to low to maintain a gentle simmer, 10 to 15 minutes.
- ☐ Cook the spaghetti: When the salted pasta water is at a rolling boil, add the pasta. Cook the pasta according to the package instructions, to al dente, cooked but still slightly firm.
- ☐ Add parsley, water to sauce: Stir the parsley into the pasta sauce.
- ☐ Add some pasta water into the sauce to thin it if it has become too thick.
- ☐ Serve:

- ☐ Drain the pasta and put in a large bowl. If you want, mix a little olive oil into the pasta so the pasta doesn't stick together.
- ☐ Add a ladle's worth of sauce to the pasta and mix to combine.
- ☐ Serve in shallow bowls with more sauce on top.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:39.18, Inflammation Score:-9, Nutrition Score:33.20304345048%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.84mg, Kaempferol: 5.84mg, Kaempferol: 5.84mg, Kaempferol: 5.84mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 748.94kcal (37.45%), Fat: 30.73g (47.28%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 101.58g (33.86%), Net Carbohydrates: 91.8g (33.38%), Sugar: 12.95g (14.38%), Cholesterol: 97.8mg (32.6%), Sodium: 1150.47mg (50.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.47g (42.94%), Selenium: 93.8µg (134%), Vitamin K: 94.49µg (89.99%), Manganese: 1.49mg (74.36%), Vitamin E: 7.62mg (50.82%), Copper: 0.81mg (40.65%), Fiber: 9.78g (39.14%), Phosphorus: 366.02mg (36.6%), Iron: 6.14mg (34.13%), Vitamin C: 27.39mg (33.2%), Vitamin B6: 0.65mg (32.26%), Magnesium: 122.44mg (30.61%), Potassium: 1044mg (29.83%), Vitamin B3: 5.9mg (29.49%), Vitamin B1: 0.37mg (24.92%), Vitamin A: 1127.08IU (22.54%), Zinc: 3mg (19.99%), Folate: 73.74µg (18.44%), Vitamin B5: 1.7mg (16.96%), Calcium: 162.04mg (16.2%), Vitamin B2: 0.26mg (15.01%), Vitamin B12: 0.36µg (5.92%), Vitamin D: 0.39µg (2.61%)