



Pasta Puttanesca

READY IN



35 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 fillet anchovy
- ☐ 1.5 cups tomatoes canned crushed
- ☐ 1 tablespoon capers drained
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounces fettuccine barilla uncooked
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.8 cup kalamata olives pitted coarsely chopped
- ☐ 3 tablespoons olive oil divided

- ☐ 1 ounce parmesan cheese grated
- ☐ 6 quarts water

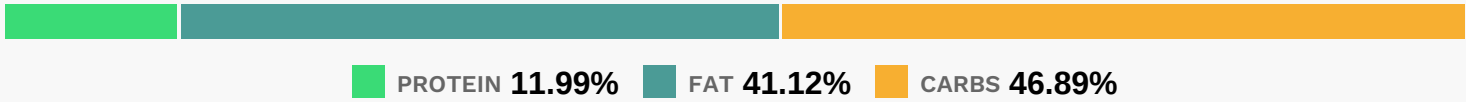
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 2 tablespoons oil to pan.
- ☐ Add garlic; cook 30 seconds, stirring constantly.
- ☐ Add anchovies; mash in pan to form a paste. Stir in tomatoes and next 4 ingredients (through pepper); cook 5 minutes, stirring occasionally.
- ☐ Bring 6 quarts water to a boil.
- ☐ Add pasta; cook 8 minutes or until almost al dente.
- ☐ Drain in a colander over a bowl, reserving 1/2 cup pasta water.
- ☐ Add pasta and reserved pasta water to tomato mixture; increase heat to medium-high. Cook 5 minutes or until pasta is al dente, tossing to combine. Spoon 1 1/2 cups pasta into each of 4 bowls.
- ☐ Drizzle each serving with 3/4 teaspoon oil; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:18.96, Inflammation Score:-6, Nutrition Score:17.435652323391%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg

Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 413.46kcal (20.67%), Fat: 19.32g (29.73%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 44.99g (16.36%), Sugar: 5.24g (5.82%), Cholesterol: 55.59mg (18.53%), Sodium: 783.15mg (34.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.35%), Selenium: 49.29µg (70.41%), Manganese: 0.69mg (34.47%), Copper: 0.62mg (30.79%), Vitamin K: 28.94µg (27.56%), Vitamin E: 3.95mg (26.32%), Phosphorus: 220.3mg (22.03%), Fiber: 4.6g (18.41%), Magnesium: 73.45mg (18.36%), Calcium: 178.92mg (17.89%), Iron: 2.71mg (15.07%), Vitamin B6: 0.3mg (14.95%), Vitamin B3: 2.84mg (14.19%), Potassium: 454.3mg (12.98%), Zinc: 1.88mg (12.56%), Vitamin C: 10.23mg (12.4%), Vitamin B1: 0.18mg (11.86%), Vitamin A: 516.75IU (10.33%), Vitamin B5: 0.83mg (8.32%), Vitamin B2: 0.14mg (8.16%), Folate: 31.75µg (7.94%), Vitamin B12: 0.28µg (4.65%), Vitamin D: 0.21µg (1.37%)