



Pasta with Anchovies, Currants, Fennel, and Pine Nuts

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 fillet anchovy
- ☐ 1 cup breadcrumbs fresh toasted
- ☐ 0.3 cup currants dried
- ☐ 1 large fennel bulb fresh trimmed halved very thinly sliced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 large onion very thinly sliced
- ☐ 0.3 cup pinenuts

- ☐ 2 plum tomatoes chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.3 teaspoon saffron threads
- ☐ 0.8 pound perciatelli thick (hollow spaghetti)

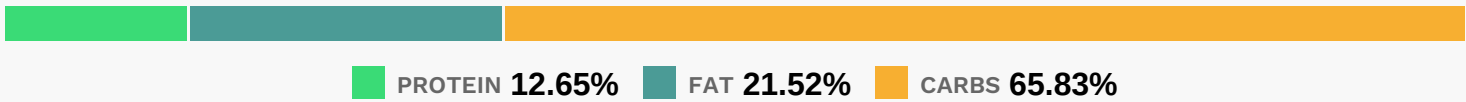
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Heat oil in large skillet over medium heat.
- ☐ Add anchovies; mash with back of fork.
- ☐ Add onion, fennel, and red pepper. Sauté vegetables until tender, about 5 minutes.
- ☐ Add tomatoes, pine nuts, and currants. Reduce heat to low and cook 5 minutes to blend flavors; season with salt and pepper.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain pasta, reserving 1 cup cooking liquid.
- ☐ Add saffron to reserved liquid and stir to dissolve. Return pasta and saffron water to pot.
- ☐ Add tomato mixture; toss over low heat until sauce coats pasta.
- ☐ Mix in breadcrumbs and transfer to bowl.
- ☐ For fresh breadcrumbs, grind pieces of crustles French bread in processor to coarse crumbs. Then toast on rimmed baking sheet in 350°F oven until golden, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:29.36, Inflammation Score:-7, Nutrition Score:25.34826061%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 602.37kcal (30.12%), Fat: 14.53g (22.35%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 100.02g (33.34%), Net Carbohydrates: 92.51g (33.64%), Sugar: 14.57g (16.19%), Cholesterol: 4.8mg (1.6%), Sodium: 250.74mg (10.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.43%), Manganese: 2.02mg (100.89%), Selenium: 64.22µg (91.74%), Vitamin K: 49.44µg (47.09%), Phosphorus: 324.59mg (32.46%), Fiber: 7.51g (30.05%), Vitamin B1: 0.42mg (28.14%), Vitamin B3: 5.49mg (27.46%), Copper: 0.54mg (27.13%), Magnesium: 101.69mg (25.42%), Iron: 3.95mg (21.93%), Potassium: 766.53mg (21.9%), Folate: 76.3µg (19.07%), Vitamin C: 14.54mg (17.62%), Zinc: 2.54mg (16.96%), Vitamin E: 2.3mg (15.32%), Vitamin B6: 0.3mg (14.97%), Vitamin B2: 0.25mg (14.6%), Calcium: 129.16mg (12.92%), Vitamin B5: 0.81mg (8.08%), Vitamin A: 387.48IU (7.75%), Vitamin B12: 0.14µg (2.4%)