



Pasta with Fresh Puttanesca Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 oz anchovies minced drained canned
- ☐ 3 tablespoons capers drained
- ☐ 3 cloves garlic minced pressed
- ☐ 1 tablespoon olive oil
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 4 servings parmesan cheese grated
- ☐ 8 ounces vermicelli dried
- ☐ 1.5 pounds roma tomatoes cored cut into 1/2-inch cubes
- ☐ 4 servings salt and pepper

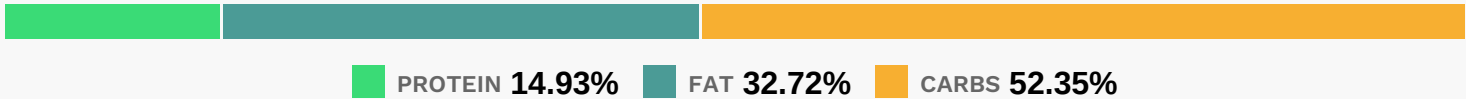
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, cook vermicelli in about 3 quarts boiling water just until barely tender to bite, about 7 minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan, combine oil and garlic. Stir over medium-high heat until garlic is soft but not brown, about 1 minute.
- ☐ Mix in anchovies.
- ☐ Turn heat to high.
- ☐ Add tomatoes, olives, capers, and hot chili flakes to pan and stir until tomatoes are hot, about 3 minutes.
- ☐ Drain pasta and pour into a large bowl. Spoon tomato sauce over pasta and mix.
- ☐ Add cheese, salt, and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:28.8, Inflammation Score:-8, Nutrition Score:17.342608793922%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 8.04mg, Kaempferol: 8.04mg, Kaempferol: 8.04mg, Kaempferol: 8.04mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 451.86kcal (22.59%), Fat: 16.44g (25.29%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 59.18g (19.73%), Net Carbohydrates: 55.47g (20.17%), Sugar: 4.63g (5.14%), Cholesterol: 38.15mg (12.72%), Sodium: 1766.06mg (76.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.75%), Selenium: 29.25µg (41.79%), Phosphorus: 358.17mg (35.82%), Vitamin A: 1753.23IU (35.06%), Calcium: 340.22mg (34.02%), Vitamin C:

24.26mg (29.41%), Manganese: 0.56mg (27.94%), Vitamin B3: 4.07mg (20.36%), Vitamin K: 19.51µg (18.58%), Vitamin E: 2.71mg (18.06%), Potassium: 570.65mg (16.3%), Zinc: 2.41mg (16.04%), Fiber: 3.71g (14.86%), Copper: 0.25mg (12.65%), Magnesium: 50.1mg (12.52%), Vitamin B2: 0.21mg (12.28%), Vitamin B6: 0.23mg (11.59%), Iron: 1.89mg (10.47%), Vitamin B12: 0.53µg (8.83%), Folate: 32.78µg (8.2%), Vitamin B1: 0.11mg (7.24%), Vitamin B5: 0.43mg (4.25%), Vitamin D: 0.39µg (2.61%)