



## Penne Arrabbiata with Flaked Cod

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



703 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups canned tomatoes thick canned crushed (one 28-ounce can)
- 1 pound cod fillet cut into 1-inch chunks
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 0.3 cup olive oil
- 1 pound penne pasta
- 0.5 teaspoon red-pepper flakes dried
- 1.8 teaspoons salt

- 1 large tomatoes peeled chopped

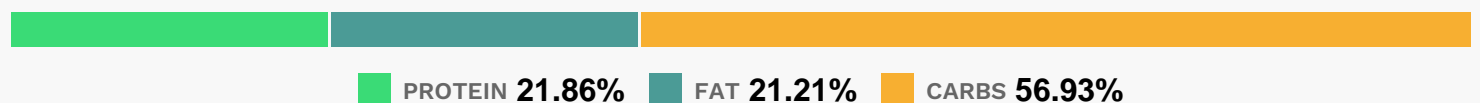
## Equipment

- sauce pan
- pot
- slotted spoon

## Directions

- In a large saucepan, heat the oil over moderate heat.
- Add the garlic and cook, stirring, for 1 minute.
- Add the canned tomatoes, fresh tomato, salt, and red-pepper flakes and bring to a simmer. Simmer the sauce until thick, about 30 minutes.
- Add the cod and 2 tablespoons of the parsley to the sauce. Bring back to a simmer and continue simmering until the fish is just done, 1 to 2 minutes. Break the fish into small pieces with a spoon.
- Meanwhile, in a large pot of boiling, salted water, cook the penne until just done, about 13 minutes.
- Drain. Toss with the sauce. Top the pasta with the remaining tablespoon parsley.
- Variation: To make this dish without a trip to the fish market, substitute two six-ounce cans of drained tuna for the cod. Stir it into the tomato sauce and warm for about a minute before tossing with the pasta.
- Test-Kitchen Tip: To peel the fresh tomato quickly, make double use of the pasta-cooking water. Bring a pot of water to a boil, core the tomato, and drop it into the water for fifteen seconds. Using a slotted spoon, remove the tomato from the water, peel, and chop it. Then you've got boiling water ready for the pasta.
- Wine Recommendation: The adage is white wine with fish, but the tomatoes in this sauce call for a red instead. Try a sprightly Lago di Caldero or an easier-to-find Valpolicella.

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:38.39, Inflammation Score:-9, Nutrition Score:32.553913116455%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 703.32kcal (35.17%), Fat: 16.64g (25.6%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 100.49g (33.5%), Net Carbohydrates: 92.65g (33.69%), Sugar: 12.27g (13.63%), Cholesterol: 48.76mg (16.25%), Sodium: 1333.6mg (57.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.16%), Selenium: 110.56µg (157.94%), Manganese: 1.48mg (73.88%), Vitamin K: 71.06µg (67.67%), Phosphorus: 518.31mg (51.83%), Potassium: 1388.7mg (39.68%), Vitamin B6: 0.77mg (38.7%), Copper: 0.73mg (36.54%), Vitamin E: 5.43mg (36.19%), Magnesium: 139.97mg (34.99%), Vitamin C: 28.53mg (34.58%), Vitamin B3: 6.83mg (34.17%), Fiber: 7.84g (31.36%), Iron: 4.73mg (26.26%), Vitamin B1: 0.35mg (23.16%), Vitamin A: 1141.58IU (22.83%), Zinc: 2.74mg (18.26%), Vitamin B12: 1.03µg (17.2%), Folate: 63.44µg (15.86%), Vitamin B2: 0.25mg (14.81%), Vitamin B5: 1.23mg (12.3%), Calcium: 116.66mg (11.67%), Vitamin D: 1.02µg (6.8%)