



Penne with Calamari and Malvasia

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



791 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup breadcrumbs toasted
- 1 pound squid rings cleaned very thin sliced chopped fine
- 1 bunch flat parsley italian finely chopped
- 1 pound penne pasta
- 8 medium plum tomatoes roughly chopped
- 1 medium onion red thinly sliced
- 1 tablespoon bell pepper red hot
- 2 tablespoons salt

- 4 tablespoons virgin olive oil
- 1 cup cooking wine

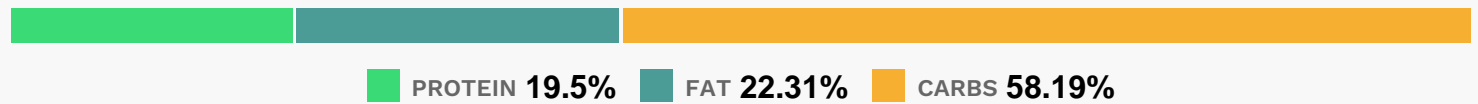
Equipment

- frying pan

Directions

- Bring 6 quarts water to boil and add 2 tablespoons salt. In a 12 to 14 inch saute pan, heat olive oil over medium high heat until smoking.
- Add parsley and onion and cook until softened but not brown, about 6 to 7 minutes.
- Add tomatoes and hot pepper and cook until breaking down, about 5 to 6 minutes.
- Add calamari and Malvasia, season with salt and pepper, stir through and remove from heat. Cook pasta according to package instructions until just al dente.
- Drain well and pour hot pasta to calamari pan. Return to heat and toss until well coated and calamari is completely opaque.
- Pour into heated serving dish, sprinkle with toasted bread crumbs and serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:36.29, Inflammation Score:-10, Nutrition Score:38.698695721834%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 790.97kcal (39.55%), Fat: 18.39g (28.29%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 107.95g (35.98%), Net Carbohydrates: 101.24g (36.81%), Sugar: 8.98g (9.98%), Cholesterol: 264.22mg (88.07%), Sodium:

3662.39mg (159.23%), Alcohol: 6.24g (100%), Alcohol %: 1.61% (100%), Protein: 36.16g (72.32%), Vitamin K: 253.15µg (241.1%), Selenium: 126.15µg (180.22%), Copper: 2.62mg (130.89%), Manganese: 1.49mg (74.46%), Vitamin C: 46.28mg (56.1%), Phosphorus: 545.81mg (54.58%), Vitamin A: 2344.11IU (46.88%), Vitamin B2: 0.65mg (38.26%), Magnesium: 133.81mg (33.45%), Vitamin B3: 6.37mg (31.86%), Potassium: 1036.44mg (29.61%), Vitamin E: 4.33mg (28.87%), Zinc: 4.03mg (26.88%), Fiber: 6.71g (26.84%), Vitamin B12: 1.52µg (25.36%), Iron: 4.51mg (25.07%), Vitamin B1: 0.33mg (22.02%), Folate: 87.68µg (21.92%), Vitamin B6: 0.43mg (21.25%), Vitamin B5: 1.36mg (13.61%), Calcium: 130.46mg (13.05%)