



Puttanesca II

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- 0.5 cup olives black sliced
- 1 teaspoon butter
- 8 ounce canned tomatoes diced canned
- 0.5 teaspoon capers
- 0.5 cup pickled cherry peppers hot
- 1 clove garlic minced
- 0.5 cup olive green sliced
- 1 teaspoon olive oil

1 large onion finely chopped

1 cup sun-dried olives

Equipment

sauce pan

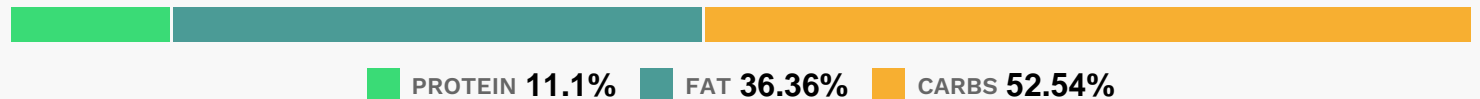
Directions

Heat oil and butter in a large saucepan over medium heat.

Saute onion and garlic until onion is tender and translucent. Stir in crushed tomatoes, diced tomatoes and sun-dried tomatoes. Simmer 5 minutes on medium heat.

Add peppers, black olives, green olives and capers. Simmer 15 to 20 minutes on low heat, or until sauce has thickened.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:5.59, Inflammation Score:-7, Nutrition Score:14.116956401454%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 182.57kcal (9.13%), Fat: 8.2g (12.61%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 19.36g (7.04%), Sugar: 14.62g (16.24%), Cholesterol: 2.69mg (0.9%), Sodium: 1011.76mg (43.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Potassium: 1181.72mg (33.76%), Manganese: 0.67mg (33.63%), Fiber: 7.29g (29.16%), Copper: 0.55mg (27.63%), Vitamin C: 19.02mg (23.05%), Iron: 3.5mg (19.47%), Magnesium: 72.45mg (18.11%), Vitamin B3: 3.31mg (16.56%), Vitamin K: 16.22µg (15.44%), Vitamin E: 2.18mg (14.54%), Vitamin B1: 0.21mg (14.24%), Phosphorus: 129.74mg (12.97%), Vitamin B6: 0.24mg (12.06%), Vitamin A: 527.29IU (10.55%), Vitamin B2: 0.18mg (10.47%), Folate: 34.33µg (8.58%), Vitamin B5: 0.79mg (7.91%), Calcium: 77.47mg (7.75%), Zinc: 0.79mg (5.25%), Selenium: 2.47µg (3.52%)