



Puttanesca Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 fillet anchovy canned minced
- ☐ 28 ounce canned tomatoes crushed undrained canned (such as Progresso)
- ☐ 3 tablespoons capers
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 cloves garlic minced
- ☐ 1 teaspoon herbs de provence dried
- ☐ 1 cup kalamata olives pitted coarsely chopped

- ☐ 1 tablespoon olive oil
- ☐ 2.5 cups onion chopped (2 medium)

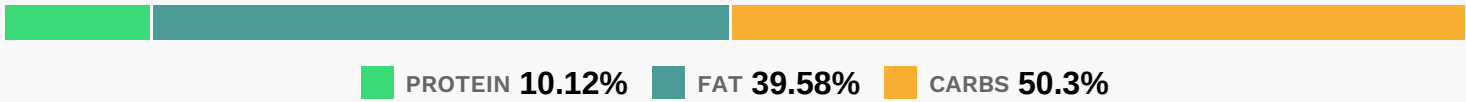
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion, and saut 6 minutes.
- ☐ Add olives and next 3 ingredients, and saut 2 minutes.
- ☐ Add tomatoes and remaining ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:4.38, Inflammation Score:-7, Nutrition Score:10.163043464979%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 20.49mg, Quercetin: 20.49mg, Quercetin: 20.49mg, Quercetin: 20.49mg

Nutrients (% of daily need)

Calories: 130.16kcal (6.51%), Fat: 6.36g (9.78%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 13.47g (4.9%), Sugar: 8.83g (9.81%), Cholesterol: 0.57mg (0.19%), Sodium: 665.57mg (28.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin C: 18.3mg (22.18%), Manganese: 0.42mg (20.89%), Vitamin E: 2.97mg (19.77%), Fiber: 4.71g (18.85%), Vitamin B6: 0.33mg (16.4%), Copper: 0.33mg (16.29%), Potassium: 516.89mg (14.77%), Iron: 2.37mg (13.16%), Vitamin K: 13.33µg (12.7%), Magnesium: 38.91mg (9.73%), Vitamin B3: 1.95mg (9.73%), Vitamin B1: 0.14mg (9.54%), Calcium: 84.78mg (8.48%), Vitamin A: 412.21IU (8.24%), Folate: 32.15µg (8.04%), Phosphorus: 70.09mg (7.01%), Vitamin B2: 0.1mg (5.96%), Vitamin B5: 0.48mg (4.83%), Zinc: 0.56mg (3.73%), Selenium: 2.29µg (3.27%)