



Puttanesca Sauce for Garlic Lovers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

SAUCE

Ingredients

- ☐ 6 fillet anchovy mashed
- ☐ 3.5 ounce capers drained
- ☐ 8 large cloves garlic chopped
- ☐ 0.3 cup olive oil
- ☐ 1 cup olives pitted ripe halved
- ☐ 0.3 cup pesto
- ☐ 3 cups plum tomatoes quartered
- ☐ 1 teaspoon pepper dried red crushed

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0.5 cup sun-dried tomatoes cut into thin strips

Equipment

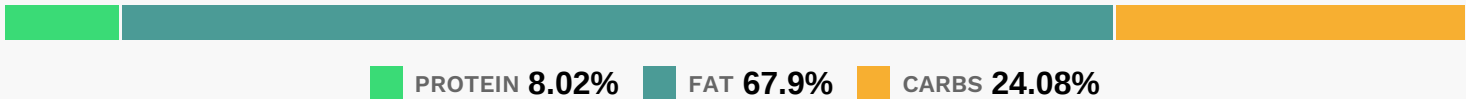
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sauce pan

Directions

- ☐ Combine first 6 ingredients in a large saucepan; bring to a boil.
- ☐ Add tomato, pesto, and red pepper; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:4.17, Inflammation Score:-9, Nutrition Score:16.976086974144%

Flavonoids

Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 32.76mg, Kaempferol: 32.76mg, Kaempferol: 32.76mg, Kaempferol: 32.76mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 43.94mg, Quercetin: 43.94mg, Quercetin: 43.94mg, Quercetin: 43.94mg

Nutrients (% of daily need)

Calories: 319.59kcal (15.98%), Fat: 25.77g (39.64%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 14.28g (5.19%), Sugar: 10.71g (11.9%), Cholesterol: 4.84mg (1.61%), Sodium: 1397.61mg (60.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.69%), Vitamin A: 2229.4IU (44.59%), Vitamin C: 32.64mg (39.57%), Vitamin K: 35.27µg (33.59%), Vitamin E: 4.64mg (30.92%), Manganese: 0.59mg (29.42%), Potassium: 973.18mg (27.81%), Fiber: 6.28g (25.1%), Copper: 0.47mg (23.44%), Vitamin B3: 3.48mg (17.41%), Iron: 2.86mg (15.88%), Magnesium: 62.8mg (15.7%), Vitamin B6: 0.3mg (14.86%), Phosphorus: 116.49mg (11.65%), Vitamin B1: 0.17mg (11.09%), Folate: 43.54µg (10.89%), Calcium: 106.76mg (10.68%), Vitamin B2: 0.16mg (9.67%), Selenium: 4.5µg (6.43%), Zinc: 0.86mg (5.75%), Vitamin B5: 0.54mg (5.38%)