



Rustic Spaghetti Salad

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 dash balsamic vinegar
- 4 ounce anchovy fillets chopped canned
- 0.3 teaspoon garlic minced to taste
- 1 pinch ground pepper black to taste
- 1 dash juice of lemon
- 6 tablespoons olive oil to taste
- 1 pinch pepper flakes red to taste
- 16 ounce pasta like spaghetti

Equipment

- bowl
- pot
- plastic wrap

Directions

- Bring a large pot of lightly salted water to a boil. Cook spaghetti at a boil until cooked through but firm to the bite, about 12 minutes; drain.
- Transfer spaghetti to a large bowl.
- Drizzle olive oil over the spaghetti; toss to coat.
- Add anchovy fillets, garlic, balsamic vinegar, lemon juice, red pepper flakes, and black pepper; mix. Cover bowl with plastic wrap and refrigerate until chilled.

Nutrition Facts

  
PROTEIN 13.93% **FAT 34.7%** **CARBS 51.37%**

Properties

Glycemic Index:25.67, Glycemic Load:22.72, Inflammation Score:-3, Nutrition Score:13.104347731756%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 444.38kcal (22.22%), Fat: 16.98g (26.12%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 56.55g (18.85%), Net Carbohydrates: 54.12g (19.68%), Sugar: 2.05g (2.28%), Cholesterol: 16.06mg (5.35%), Sodium: 698.77mg (30.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.67%), Selenium: 60.67µg (86.67%), Manganese: 0.72mg (35.84%), Vitamin B3: 5.05mg (25.25%), Phosphorus: 190.82mg (19.08%), Vitamin E: 2.74mg (18.24%), Copper: 0.28mg (14.17%), Magnesium: 53.22mg (13.31%), Iron: 1.94mg (10.8%), Vitamin K: 10.84µg (10.32%), Zinc: 1.53mg (10.2%), Fiber: 2.43g (9.73%), Potassium: 272.95mg (7.8%), Vitamin B6: 0.15mg (7.39%), Vitamin B2: 0.11mg (6.72%), Calcium: 60.27mg (6.03%), Vitamin B1: 0.08mg (5.54%), Vitamin B5: 0.5mg (4.99%), Folate: 16.11µg (4.03%), Vitamin B12: 0.17µg (2.77%), Vitamin D: 0.32µg (2.14%)