

 100%
HEALTH SCORE

Salsa spaghetti with sardines

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g spaghetti whole wheat
- ☐ 2 large tomatoes ripe finely chopped
- ☐ 1 onion red very finely chopped
- ☐ 15 g kalamata olives black pitted quartered
- ☐ 0.5 tsp to 5 chillies red finely chopped
- ☐ 0.5 juice of lemon to taste
- ☐ 4 tbsp basil shredded
- ☐ 240 g sardines

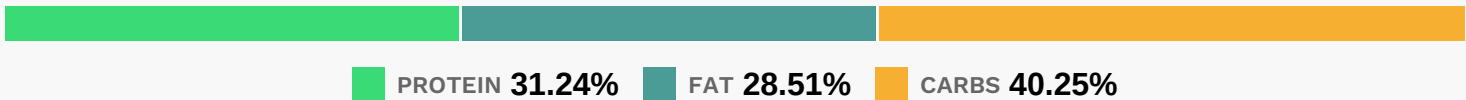
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Boil the spaghetti following pack instructions. Meanwhile, mix the tomatoes with the onion, olives, chilli, lemon zest and basil or oregano.
- ☐ Heat the sardines either in the microwave or in a pan.
- ☐ Drain the pasta, return to the pan and toss well with the tomato mixture.
- ☐ Add the sardines in chunky pieces. Season with lemon juice, pepper, and a little oil from the can, if you like.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:43.387391505034%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 494.28kcal (24.71%), Fat: 16.05g (24.69%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 47.37g (17.23%), Sugar: 7.45g (8.28%), Cholesterol: 170.4mg (56.8%), Sodium: 501.39mg (21.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.57g (79.13%), Vitamin B12: 10.73µg (178.8%), Selenium: 100.13µg (143.05%), Manganese: 2.08mg (104.17%), Phosphorus: 785.12mg (78.51%), Vitamin K: 70.29µg (66.94%), Calcium: 536.08mg (53.61%), Vitamin B3: 10.15mg (50.76%), Vitamin A: 2353.24IU (47.06%), Vitamin C: 35.97mg (43.6%), Vitamin D: 5.76µg (38.4%), Magnesium: 153.45mg (38.36%), Iron: 6.38mg (35.45%), Potassium:

1147.61mg (32.79%), Copper: 0.64mg (31.97%), Vitamin B1: 0.44mg (29.41%), Vitamin B6: 0.56mg (27.76%), Vitamin E: 3.85mg (25.65%), Vitamin B2: 0.41mg (23.86%), Folate: 88.83µg (22.21%), Zinc: 3.27mg (21.81%), Vitamin B5: 1.53mg (15.32%), Fiber: 3.61g (14.44%)