



Sardine storecupboard spaghetti

 Vegetarian  Vegan  Dairy Free

READY IN



17 min.

SERVINGS



1

CALORIES



1451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 100 g pasta like spaghetti
- 1 tbsp olive oil
- 1 small onion finely chopped
- 2 large garlic cloves finely chopped
- 10 cherry tomatoes halved
- 95 g sardine in olive oil boneless drained canned
- 8 olives green pitted halved
- 2 tsp caper

1 handful parsley leaves chopped

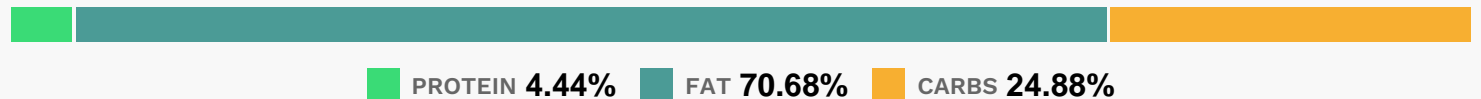
Equipment

frying pan

Directions

- Cook the spaghetti following pack instructions. Meanwhile, heat the oil in a pan, tip in the onion and cook for 5 mins or until soft.
- Add the garlic and tomatoes, and cook for a few mins more.
- Stir through the sardines, breaking them up lightly with the back of a spoon.
- Add the olives and capers, season and heat through. Toss in the cooked, drained spaghetti, a splash of the cooking water and parsley.

Nutrition Facts



Properties

Glycemic Index:131, Glycemic Load:32.06, Inflammation Score:-9, Nutrition Score:30.226521471272%

Flavonoids

Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 5.8mg, Kaempferol: 5.8mg, Kaempferol: 5.8mg, Kaempferol: 5.8mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 22.42mg, Quercetin: 22.42mg, Quercetin: 22.42mg, Quercetin: 22.42mg

Nutrients (% of daily need)

Calories: 1450.86kcal (72.54%), Fat: 115.76g (178.09%), Saturated Fat: 16.04g (100.27%), Carbohydrates: 91.69g (30.56%), Net Carbohydrates: 84.67g (30.79%), Sugar: 10.15g (11.28%), Cholesterol: 0mg (0%), Sodium: 642.9mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Vitamin K: 137.89µg (131.33%), Vitamin E: 18.06mg (120.41%), Selenium: 65.59µg (93.7%), Manganese: 1.3mg (64.78%), Vitamin C: 51.3mg (62.19%), Fiber: 7.02g (28.09%), Phosphorus: 270.08mg (27.01%), Copper: 0.52mg (26.05%), Vitamin A: 1301.48IU (26.03%), Vitamin B6: 0.45mg (22.46%), Potassium: 758.15mg (21.66%), Iron: 3.79mg (21.04%), Magnesium: 83.64mg (20.91%), Folate: 61.54µg (15.39%), Vitamin B3: 2.88mg (14.41%), Vitamin B1: 0.21mg (13.75%), Zinc: 1.9mg (12.7%), Calcium: 91.51mg (9.15%), Vitamin B5: 0.8mg (7.97%), Vitamin B2: 0.13mg (7.92%)