



Sicilian Pasta Salmon Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounce anchovy fillets undrained to taste canned
- 7.5 ounce salmon undrained to taste canned
- 4 servings salt and ground pepper black to taste
- 1 onion chopped
- 0.3 cup pinenuts to taste
- 0.3 cup raisins to taste
- 1 pinch saffron threads
- 16 ounce spaghetti

- 1 teaspoon tomato paste
- 7.5 ounce water canned

Equipment

- frying pan
- pot

Directions

- Pour about 2 teaspoons oil from anchovy can into a skillet over medium heat; cook and stir onion in the hot anchovy oil until softened, about 5 minutes.
- Add anchovy fillets; cook and stir until fish dissolves, about 5 minutes.
- Stir tomato paste into onion-anchovy mixture; add juice from canned salmon, water, pine nuts, raisins, salt, and black pepper. Cook and stir mixture until flavors have blended, about 15 minutes.
- Bring a large pot of lightly salted water to a boil. Cook spaghettini in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- Drain.
- Mix salmon and saffron into onion-anchovy mixture; cook until salmon is heated through, about 15 more minutes.
- Serve salmon sauce over spaghettini.

Nutrition Facts



Properties

Glycemic Index:68.7, Glycemic Load:38.54, Inflammation Score:-6, Nutrition Score:27.735652172047%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 619.96kcal (31%), Fat: 11.62g (17.87%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 95.82g (31.94%), Net Carbohydrates: 90.7g (32.98%), Sugar: 4.68g (5.2%), Cholesterol: 56.17mg (18.72%), Sodium: 747.89mg (32.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.85%), Selenium: 102.65µg (146.65%), Manganese: 1.89mg (94.68%), Vitamin D: 7.95µg (52.99%), Phosphorus: 516.22mg (51.62%), Vitamin B3: 9.24mg (46.19%), Vitamin B12: 2.76µg (45.93%), Copper: 0.58mg (29.21%), Magnesium: 114.9mg (28.73%), Calcium: 219.93mg (21.99%), Zinc: 3.08mg (20.52%), Fiber: 5.11g (20.45%), Potassium: 689.04mg (19.69%), Iron: 3.35mg (18.64%), Vitamin B2: 0.27mg (16.03%), Vitamin B6: 0.31mg (15.36%), Vitamin E: 2.14mg (14.24%), Vitamin B1: 0.18mg (12.13%), Vitamin B5: 0.98mg (9.85%), Folate: 32.95µg (8.24%), Vitamin K: 6.87µg (6.55%), Vitamin C: 2.93mg (3.55%), Vitamin A: 66.71IU (1.33%)