



WHATSheATE



HEALTH SCORE

85%

Sicilian-Style Sardine Pasta with Bread Crumbs



Dairy Free



Very Healthy

READY IN



22 min.

SERVINGS



4

CALORIES



843 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups bread crumbs
- ☐ 2 can sardines drained chopped
- ☐ 4 servings coarse salt and coarse pepper black
- ☐ 0.5 cups flat-leaf parsley chopped
- ☐ 8 cloves garlic chopped
- ☐ 1 pound linguini fresh salted cooked
- ☐ 0.3 cup olive oil extra-virgin

☐ 1 teaspoon pepper flakes red crushed

Equipment

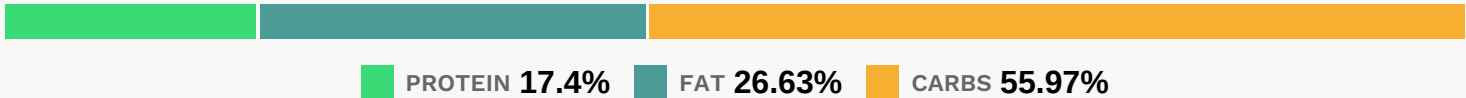
☐ frying pan

☐ pot

Directions

- ☐ To a large skillet preheated over medium heat, add 1/4 cup extra-virgin olive oil, 4 turns of the pan, and chopped garlic. When the garlic speaks by sizzling in oil add bread crumbs. Stir bread crumbs until deeply golden in color.
- ☐ Add parsley and a liberal amount of salt and pepper, about 1 teaspoon of each.
- ☐ Transfer bread crumbs to a dish and reserve.
- ☐ Return skillet to heat and add 3 tablespoons extra-virgin olive oil, 3 turns of the pan.
- ☐ Add sardines and red pepper flakes to the pan and saute over medium heat 2 or 3 minutes.
- ☐ Add hot, cooked pasta to the skillet and toss with sardines.
- ☐ Add bread crumbs to the pot and toss thoroughly to combine and evenly distribute the mixture. Taste, to adjust seasonings, and serve.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:34.67, Inflammation Score:-8, Nutrition Score:37.134782417961%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 843.07kcal (42.15%), Fat: 24.64g (37.91%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 116.54g (38.85%), Net Carbohydrates: 110.54g (40.2%), Sugar: 5.7g (6.33%), Cholesterol: 88.75mg (29.58%), Sodium: 702.62mg

(30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.24g (72.48%), Selenium: 115.77µg (165.39%), Vitamin K: 136.17µg (129.68%), Vitamin B12: 5.73µg (95.49%), Manganese: 1.6mg (80.04%), Phosphorus: 602.43mg (60.24%), Vitamin B3: 8.09mg (40.44%), Vitamin B1: 0.56mg (37.56%), Calcium: 359.79mg (35.98%), Iron: 5.99mg (33.26%), Copper: 0.58mg (29.08%), Magnesium: 107.89mg (26.97%), Vitamin E: 3.63mg (24.19%), Fiber: 6g (23.99%), Vitamin B2: 0.39mg (23.05%), Zinc: 3.18mg (21.18%), Folate: 81.72µg (20.43%), Vitamin B6: 0.41mg (20.3%), Vitamin D: 3µg (20%), Potassium: 655.92mg (18.74%), Vitamin A: 848.09IU (16.96%), Vitamin C: 11.85mg (14.36%), Vitamin B5: 1.18mg (11.84%)