



Simple Puttanesca Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon capers
- ☐ 4 cloves garlic chopped
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 26 ounce tomato-and-basil pasta sauce (such as Classico)

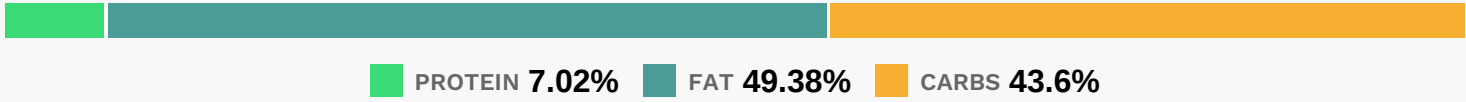
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add garlic; cook 2 minutes. Stir in sauce, olive, caper, and pepper. Reduce heat; simmer about 8 minutes or until heated through, stirring occasionally.
- ☐ Add basil or parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:2.5526086911559%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 96.68kcal (4.83%), Fat: 5.28g (8.12%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 7.17g (2.61%), Sugar: 6.7g (7.45%), Cholesterol: 0mg (0%), Sodium: 507.06mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Fiber: 3.31g (13.25%), Vitamin A: 606.02IU (12.12%), Potassium: 306.03mg (8.74%), Vitamin C: 4.93mg (5.98%), Vitamin E: 0.61mg (4.05%), Calcium: 37.21mg (3.72%), Iron: 0.64mg (3.55%), Vitamin K: 1.51µg (1.44%), Manganese: 0.03mg (1.35%), Vitamin B6: 0.02mg (1.14%)