



Spaghetti and Meatballs Puttanesca

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons anchovy paste
- 1 teaspoon bottled garlic minced
- 1 tablespoon capers
- 0.5 teaspoon basil dried
- 2 tablespoons kalamata olives coarsely chopped
- 1 lemon wedges seeded
- 32 precooked meatballs frozen italian-style divided
- 26 oz fire-roasted tomato garlic pasta sauce divided

- 0.5 teaspoon pepper dried red crushed
- 8 ounces pasta like spaghetti uncooked

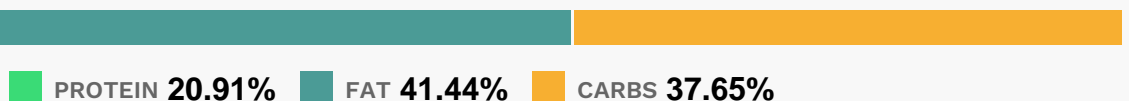
Equipment

- bowl
- sauce pan
- plastic wrap
- microwave

Directions

- Cook spaghetti according to package directions; drain.
- Meanwhile, combine half the meatballs, two-thirds of the pasta sauce, and next 6 ingredients in a medium saucepan. Squeeze juice from lemon wedge into sauce; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.
- Combine remaining meatballs and pasta sauce in a glass bowl. Cover with plastic wrap; fold back a small edge to allow steam to escape. Microwave at HIGH 1 1/2 minutes or until hot.
- To serve, divide spaghetti evenly among 4 serving plates. For plain servings, spoon microwaved sauce over 2 portions. For grown-up servings, spoon seasoned sauce over remaining 2 portions.
- Sprinkle all 4 portions with Parmesan cheese, if desired.
- Shopping Note: Anchovy paste is typically located near canned tuna and anchovies. After opening, store it in the refrigerator up to 6 months.
- MENU IDEA FOR 4 * Spaghetti and Meatballs Puttanesca * Caesar salad
- GROCERIES NEEDED Check staples: bottled minced garlic, dried crushed red pepper, dried basil, shredded Parmesan cheese * 1 (8-oz.) package spaghetti * 32 Italian-style frozen, precooked meatballs * 1 (26-oz.) jar fire-roasted tomato garlic pasta sauce (we tested with Classico) * 1 small jar kalamata olives * 1 small jar capers * 1 tube anchovy paste * 1 lemon * 1 (15-oz.) package complete Caesar salad kit

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:20.37, Inflammation Score:-7, Nutrition Score:25.594347885121%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 565.86kcal (28.29%), Fat: 26.12g (40.19%), Saturated Fat: 9.21g (57.57%), Carbohydrates: 53.39g (17.8%), Net Carbohydrates: 48.33g (17.57%), Sugar: 8.25g (9.17%), Cholesterol: 83.19mg (27.73%), Sodium: 1171.95mg (50.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.31%), Selenium: 66.84µg (95.49%), Vitamin B1: 0.92mg (61.58%), Vitamin B3: 8.32mg (41.58%), Manganese: 0.77mg (38.58%), Phosphorus: 364.56mg (36.46%), Vitamin B6: 0.72mg (36.19%), Potassium: 1033.35mg (29.52%), Vitamin B2: 0.44mg (25.71%), Zinc: 3.79mg (25.25%), Copper: 0.46mg (22.96%), Iron: 3.89mg (21.6%), Magnesium: 84.07mg (21.02%), Vitamin E: 3.1mg (20.68%), Fiber: 5.06g (20.24%), Vitamin C: 16.55mg (20.06%), Vitamin A: 901.57IU (18.03%), Vitamin B5: 1.61mg (16.1%), Vitamin B12: 0.81µg (13.51%), Folate: 34.35µg (8.59%), Vitamin K: 8.56µg (8.15%), Calcium: 70.28mg (7.03%)