

food
network



HEALTH SCORE

61%

Spaghetti Puttanesca



Dairy Free



Very Healthy

READY IN

**30 min.**

SERVINGS

**4**

CALORIES

**647 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 fillet anchovy roughly chopped
- ☐ 28 ounce tomatoes drained chopped canned
- ☐ 1 handful capers drained
- ☐ 1 handful basil fresh good
- ☐ 2 cloves garlic finely chopped
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 handfuls big olives black pitted
- ☐ 1 tablespoon oregano dried

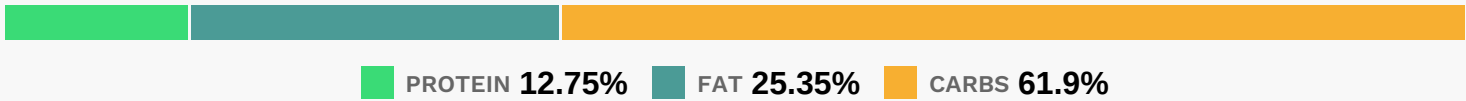
- ☐ 3 small chiles dried red crumbled
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 455 grams pasta like spaghetti dried canned

Equipment

Directions

- ☐ Cook the spaghetti in salted, boiling water until al dente. Meanwhile fry the garlic, capers, olives, anchovies, chiles, and oregano in a little olive oil for a few minutes.
- ☐ Add the tomatoes, bring to a simmer, and continue to cook for 4 or 5 minutes, until you have a lovely tomato sauce consistency.
- ☐ Remove from the heat, plunge the drained spaghetti into it, toss it over, and cover with the sauce. Rip all the basil over it, correct the seasoning, and drizzle with good extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:38.38, Inflammation Score:-9, Nutrition Score:26.166087078012%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 646.68kcal (32.33%), Fat: 18.48g (28.42%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 101.5g (33.83%), Net Carbohydrates: 93.05g (33.83%), Sugar: 12.05g (13.38%), Cholesterol: 7.2mg (2.4%), Sodium: 445.41mg (19.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Selenium: 77.84µg (111.2%), Manganese: 1.52mg (76.19%), Copper: 0.75mg (37.33%), Vitamin E: 5.32mg (35.46%), Fiber: 8.45g (33.81%), Vitamin B3: 6.17mg (30.87%), Phosphorus: 304.97mg (30.5%), Iron: 5.11mg (28.41%), Vitamin K: 29.71µg (28.3%), Magnesium: 110.65mg (27.66%), Potassium: 917.09mg (26.2%), Vitamin B6: 0.52mg (25.76%), Vitamin C: 18.97mg (23%), Vitamin B1: 0.27mg (17.72%), Zinc: 2.41mg (16.07%), Calcium: 138.61mg (13.86%), Folate: 51.27µg (12.82%), Vitamin

B2: 0.22mg (12.74%), Vitamin A: 619.95IU (12.4%), Vitamin B5: 1.15mg (11.48%), Vitamin B12: 0.07µg (1.24%)