



Spaghetti with Anchovies, Olives, and Toasted Bread Crumbs

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



822 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 fillet anchovy canned
- ☐ 1 cup wine dry white
- ☐ 0.5 cup flat parsley fresh chopped
- ☐ 3 large garlic clove
- ☐ 6 tablespoons olive oil
- ☐ 1 onion
- ☐ 12 ounce roasted peppers red

- ☐ 1 pound pasta like spaghetti dried
- ☐ 3 slices sandwich bread white firm
- ☐ 1.5 cup olive green pitted

Equipment

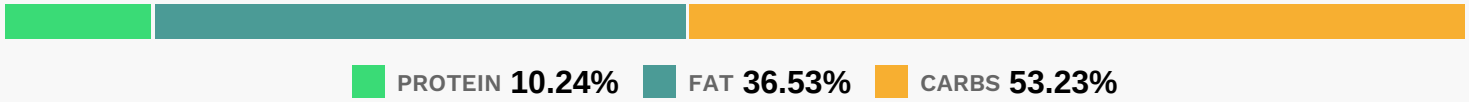
- ☐ food processor
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ colander

Directions

- ☐ Fill a 6-quart pasta pot three fourths full with salted water and bring to a boil for pasta.
- ☐ Tear bread into pieces and in a blender or food processor pulse to make coarse crumbs. Finely chop onion. Mince garlic. Rinse anchovies and pat dry. In a sieve rinse and drain peppers and olives.
- ☐ Cut peppers into 1,-inch-long strips and quarter olives.
- ☐ In a deep 12-inch heavy skillet heat 2 tablespoons oil over moderate heat until hot but not smoking and stir in bread crumbs. Toast bread crumbs, stirring constantly, until golden and crisp, about 2 minutes, and transfer to a plate to cool. Wipe skillet clean.
- ☐ In skillet heat remaining 4 tablespoons oil over moderately high heat until hot but not smoking and cook onion, stirring, until golden brown on edges.
- ☐ Remove skillet from heat and add garlic and anchovies. Cook mixture over moderately low heat, stirring until fillets are dissolved, about 2 minutes. Carefully pour wine down side of skillet and simmer, stirring occasionally, until liquid is reduced to about 2 tablespoons.
- ☐ Remove skillet from heat and stir in peppers, olives, and 1/4 cup parsley.
- ☐ Cook pasta in boiling water, stirring occasionally, until al dente and ladle out and reserve 1 cup pasta water.

- ☐ Drain pasta in a colander and add to sauce with 1/2 cup reserved pasta water and salt and pepper to taste.
- ☐ Heat mixture over low heat, gently tossing (and adding more pasta water as needed if mixture becomes dry), until just heated through.
- ☐ Sprinkle pasta with remaining 1/4 cup parsley and some bread crumbs and serve remaining bread crumbs on the side.

Nutrition Facts



Properties

Glycemic Index:55.19, Glycemic Load:41.7, Inflammation Score:-9, Nutrition Score:29.640869454197%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 822.42kcal (41.12%), Fat: 31.87g (49.03%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 104.51g (34.84%), Net Carbohydrates: 96.99g (35.27%), Sugar: 6.13g (6.81%), Cholesterol: 4.8mg (1.6%), Sodium: 2067.73mg (89.9%), Alcohol: 6.18g (100%), Alcohol %: 1.99% (100%), Protein: 20.1g (40.19%), Vitamin K: 136.9µg (130.38%), Selenium: 80.17µg (114.53%), Manganese: 1.45mg (72.39%), Vitamin C: 52.26mg (63.34%), Vitamin E: 5.23mg (34.85%), Fiber: 7.51g (30.05%), Phosphorus: 295.03mg (29.5%), Copper: 0.57mg (28.51%), Vitamin A: 1277.95IU (25.56%), Magnesium: 96.43mg (24.11%), Vitamin B3: 4.74mg (23.7%), Iron: 4.13mg (22.96%), Vitamin B6: 0.45mg (22.72%), Folate: 74.36µg (18.59%), Vitamin B1: 0.26mg (17.33%), Potassium: 584.42mg (16.7%), Calcium: 162.69mg (16.27%), Zinc: 2.3mg (15.33%), Vitamin B2: 0.19mg (11.11%), Vitamin B5: 0.79mg (7.89%)