



Spaghetti with Olive and Pine Nut Salsa



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup bottled capers drained
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 ounces gaeta olives pitted
- ☐ 0.3 cup pinenuts
- ☐ 1 teaspoon red-pepper flakes dried hot
- ☐ 1 pound pasta like spaghetti dried

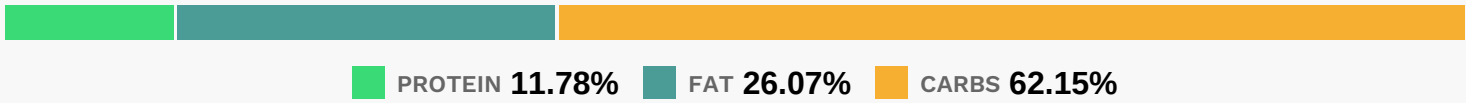
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ colander

Directions

- ☐ Very finely chop together olives, capers, and pine nuts with a large heavy knife.
- ☐ Transfer to a large serving bowl along with parsley and red-pepper flakes, then stir in oil until combined.
- ☐ Meanwhile, cook pasta in a large pot of boiling salted water, uncovered, until al dente. Reserve 1 cup pasta-cooking water, then drain in a colander.
- ☐ Add spaghetti to olive mixture in bowl and toss until combined well. (If pasta is dry, moisten with some reserved cooking water.)

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:17.04, Inflammation Score:-5, Nutrition Score:10.689130399538%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 7.21mg, Kaempferol: 7.21mg, Kaempferol: 7.21mg, Kaempferol: 7.21mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 280.67kcal (14.03%), Fat: 8.17g (12.56%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 43.81g (14.6%), Net Carbohydrates: 41.16g (14.97%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 325.96mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Selenium: 36.08µg (51.54%), Manganese: 0.9mg (45.14%), Vitamin K: 36.46µg (34.73%), Phosphorus: 134.23mg (13.42%), Copper: 0.26mg (12.9%), Magnesium: 44.92mg (11.23%), Fiber: 2.65g (10.58%), Vitamin E: 1.41mg (9.38%), Zinc: 1.12mg (7.49%), Iron: 1.29mg (7.16%), Vitamin B3: 1.26mg (6.32%), Vitamin A: 282.63IU (5.65%), Potassium: 173.57mg (4.96%), Vitamin B6: 0.1mg (4.8%), Vitamin B1: 0.07mg (4.79%), Folate: 16.14µg (4.03%), Vitamin C: 2.76mg (3.35%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.27mg (2.71%), Calcium: 23.74mg (2.37%)