



Spaghetti with Olives and Bread Crumbs

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup olives black pitted roughly chopped recommended: kalamata
- ☐ 0.3 teaspoon pepper black freshly ground plus more for seasoning
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.8 cup olives green pitted roughly chopped recommended: Bella Di Cerignola
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan freshly grated
- ☐ 0.3 teaspoon sea salt plus more for seasoning
- ☐ 0.7 cup seasoned bread crumbs dried

☐ 1 pound pasta like spaghetti

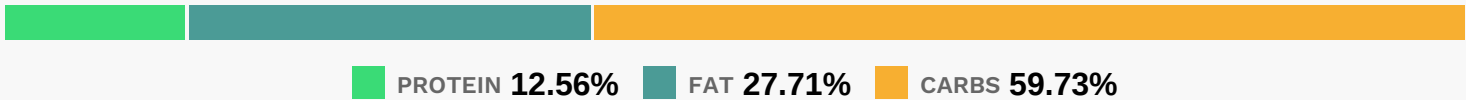
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook, stirring occasionally, until tender but still firm to the bite, about 8 minutes.
- ☐ Meanwhile, in a large saute pan, heat the oil over medium-high heat.
- ☐ Add the bread crumbs and 1/4 teaspoon each of the sea salt and pepper. Stirring constantly, cook the breadcrumbs until golden brown, about 2 minutes.
- ☐ Drain the pasta, reserving 1 cup of the pasta water. Stir the pasta into the bread crumb mixture.
- ☐ Remove the pan from the heat and add the black and green olives.
- ☐ Add the Parmesan cheese and 3 tablespoons of the parsley. Season the pasta with salt and pepper, to taste. Gently toss to coat, adding reserved pasta water, if needed, to loosen the pasta.
- ☐ Transfer to a large serving bowl and garnish with the remaining parsley.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:22.78, Inflammation Score:-6, Nutrition Score:15.609999887321%

Flavonoids

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 451.64kcal (22.58%), Fat: 13.9g (21.39%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 67.41g (22.47%), Net Carbohydrates: 63.03g (22.92%), Sugar: 3.04g (3.38%), Cholesterol: 3.91mg (1.3%), Sodium: 799.75mg (34.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.35%), Selenium: 52.64µg (75.2%), Vitamin K: 52.44µg (49.94%), Manganese: 0.85mg (42.52%), Phosphorus: 208.27mg (20.83%), Fiber: 4.38g (17.51%), Vitamin E: 2.25mg (15%), Copper: 0.3mg (14.97%), Vitamin B1: 0.21mg (13.87%), Magnesium: 54.3mg (13.58%), Calcium: 130.62mg (13.06%), Iron: 2.12mg (11.77%), Vitamin B3: 2.24mg (11.22%), Zinc: 1.46mg (9.71%), Folate: 35.18µg (8.79%), Vitamin A: 416.31IU (8.33%), Vitamin B6: 0.15mg (7.52%), Vitamin B2: 0.13mg (7.36%), Potassium: 236.27mg (6.75%), Vitamin B5: 0.45mg (4.55%), Vitamin C: 3.69mg (4.47%), Vitamin B12: 0.11µg (1.89%)