



WHATSheATE



HEALTH SCORE

51%

Spaghetti with sardines



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pasta like spaghetti
- ☐ 1 tbsp olive oil
- ☐ 2 garlic clove crushed
- ☐ 1 pinch pepper
- ☐ 227 g canned tomatoes chopped canned
- ☐ 190 g sardines canned
- ☐ 100 g olives black pitted roughly chopped
- ☐ 1 tbsp capers drained

☐ 1 small handful parsley chopped

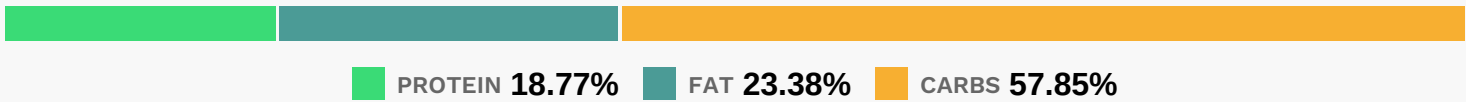
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Cook the spaghetti in a large pan of boiling salted water according to pack instructions. Meanwhile, make the sauce.
- ☐ Heat the oil in a medium pan and cook the garlic for 1 min.
- ☐ Add the chilli flakes, tomatoes and sardines, breaking up roughly with a wooden spoon.
- ☐ Heat for 2–3 mins, then stir in the olives, capers and most of the parsley.
- ☐ Mix well to combine.
- ☐ Drain the pasta, reserving a couple of tbsp of the water.
- ☐ Add the pasta to the sauce and mix well, adding the reserved water if the sauce is a little thick. Divide between 4 bowls and sprinkle with the remaining parsley.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:31.33, Inflammation Score:-6, Nutrition Score:24.984347675158%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 558.31kcal (27.92%), Fat: 14.45g (22.23%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 80.44g (26.81%), Net Carbohydrates: 75.2g (27.35%), Sugar: 5.34g (5.93%), Cholesterol: 67.45mg (22.48%), Sodium: 677.56mg

(29.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Selenium: 89.04µg (127.2%), Vitamin B12: 4.25µg (70.78%), Manganese: 1.1mg (55.05%), Phosphorus: 444.08mg (44.41%), Copper: 0.53mg (26.27%), Vitamin B3: 4.98mg (24.91%), Calcium: 239.82mg (23.98%), Vitamin K: 23.78µg (22.65%), Vitamin E: 3.28mg (21.88%), Magnesium: 87.25mg (21.81%), Fiber: 5.25g (20.98%), Iron: 3.69mg (20.53%), Potassium: 601.29mg (17.18%), Vitamin B6: 0.33mg (16.74%), Vitamin D: 2.28µg (15.2%), Zinc: 2.23mg (14.88%), Vitamin B2: 0.2mg (12.06%), Vitamin B1: 0.18mg (12.01%), Vitamin B5: 0.91mg (9.13%), Vitamin C: 7.11mg (8.62%), Folate: 32.94µg (8.24%), Vitamin A: 366.32IU (7.33%)