



Spaghetti with Spicy Tomato Olive Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



710 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 garlic clove finely chopped
- 0.5 cup oil-cured olives black pitted cut lengthwise into slivers
- 3 tablespoons olive oil extra virgin extra-virgin
- 4 servings parmesan grated
- 0.8 teaspoon pepper dried red hot to taste
- 0.5 teaspoon salt to taste
- 1 lb pasta like spaghetti
- 28 oz stewed tomatoes canned

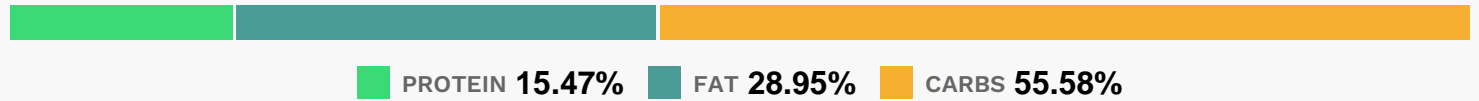
Equipment

- frying pan
- pot
- colander

Directions

- Cook olives, garlic, and red pepper flakes in oil in a 12-inch nonstick skillet over moderate heat, stirring, until garlic is golden, about 2 minutes. Stir in tomatoes and salt and simmer, stirring occasionally and breaking up large pieces of tomato, until sauce is slightly thickened, 10 to 15 minutes.
- While sauce is simmering, cook spaghetti in a 6- to 8-quart pot of boiling salted water until al dente.
- Drain spaghetti in a colander and add to sauce. Cook, tossing, over moderately low heat until pasta is coated, 30 seconds to 1 minute.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:34.44, Inflammation Score:-7, Nutrition Score:24.057391291079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 710.48kcal (35.52%), Fat: 22.98g (35.36%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 99.26g (33.09%), Net Carbohydrates: 92.92g (33.79%), Sugar: 10.39g (11.54%), Cholesterol: 20.4mg (6.8%), Sodium: 1486.52mg (64.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.28%), Selenium: 80.05µg (114.36%), Manganese: 1.2mg (59.76%), Phosphorus: 466.31mg (46.63%), Calcium: 459.5mg (45.95%), Copper: 0.59mg (29.41%), Vitamin E: 4.14mg (27.58%), Iron: 4.59mg (25.52%), Fiber: 6.33g (25.33%), Magnesium: 99.91mg (24.98%), Potassium: 711.84mg (20.34%), Vitamin C: 16.15mg (19.57%), Zinc: 2.8mg (18.68%), Vitamin B3: 3.52mg (17.6%), Vitamin A: 753.27IU (15.07%), Vitamin B2: 0.24mg (14.32%), Vitamin B1: 0.21mg (14.17%), Vitamin B6: 0.25mg

(12.69%), Vitamin K: 12.37µg (11.78%), Vitamin B5: 0.87mg (8.67%), Folate: 33.09µg (8.27%), Vitamin B12: 0.36µg (6%)