



Spaghetti with Walnuts and Anchovies

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

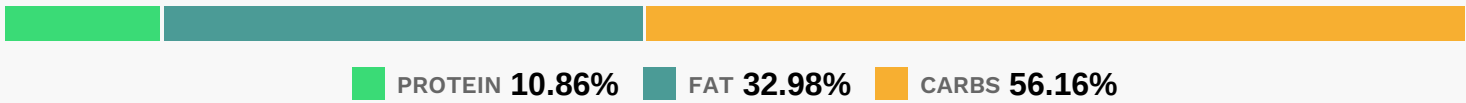
- ☐ 2 anchovy whole
- ☐ 4 servings pepper flakes to taste
- ☐ 4 servings sea salt
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 tablespoon parsley fresh minced
- ☐ 3 garlic clove sliced
- ☐ 14 ounces pasta like spaghetti
- ☐ 3 tablespoons walnut pieces coarsely chopped

Equipment

Directions

- ☐ Bring 5 to 6 quarts of water to a rolling boil.
- ☐ Add about 3 tablespoons of sea salt, then add the spaghetti and cook until it offers considerable resistance to the tooth, approximately three-quarters of the package-recommended cooking time.
- ☐ Drain the pasta, reserving 2 cups of the starchy pasta cooking water.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:30.44, Inflammation Score:-5, Nutrition Score:16.44782623843%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 546.84kcal (27.34%), Fat: 20.05g (30.84%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 76.81g (25.6%), Net Carbohydrates: 72.9g (26.51%), Sugar: 3.41g (3.78%), Cholesterol: 1.2mg (0.4%), Sodium: 204.09mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.69%), Selenium: 64.18µg (91.68%), Manganese: 1.23mg (61.29%), Vitamin K: 26.27µg (25.02%), Phosphorus: 225.28mg (22.53%), Copper: 0.43mg (21.57%), Vitamin C: 16.5mg (20%), Magnesium: 68.63mg (17.16%), Fiber: 3.91g (15.63%), Vitamin E: 2.2mg (14.64%),

Vitamin B6: 0.26mg (13.17%), Zinc: 1.73mg (11.52%), Vitamin B3: 2.2mg (11.02%), Iron: 1.85mg (10.3%), Potassium: 308.94mg (8.83%), Vitamin B1: 0.13mg (8.57%), Folate: 29.28µg (7.32%), Vitamin B5: 0.52mg (5.21%), Vitamin B2: 0.09mg (5.17%), Calcium: 38.23mg (3.82%), Vitamin A: 182.14IU (3.64%)