



WHATSheATE



HEALTH SCORE

54%

Spicy Fish and Olive Spaghetti

READY IN



50 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes whole crushed canned
- ☐ 1 pinch pepper red crushed
- ☐ 2 cloves garlic thinly sliced
- ☐ 10 kalamata olives quartered
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin plus more for tossing
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup parsley loosely packed chopped
- ☐ 8 ounce tilapia fillet cut into 3/4-inch pieces

☐ 10 ounces whole-grain spaghetti

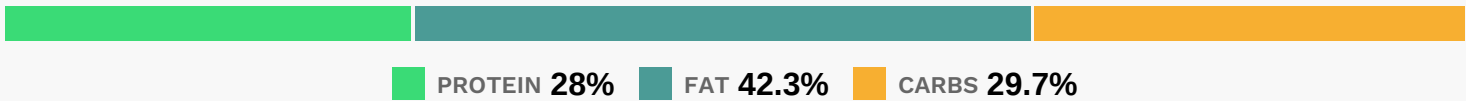
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the spaghetti and cook according to package directions; drain, reserving 1 cup of the pasta water. Toss the spaghetti with some oil and set aside.
- ☐ Add the oil, garlic, 3/4 teaspoon salt and crushed red pepper to a large skillet over medium-high heat. Once the oil begins to shimmer, add the tomatoes, reserved pasta water and oregano; bring to a high simmer and cook until the sauce thickens but is still loose, 12 to 15 minutes.
- ☐ Add the fish and olives and cook, stirring occasionally, until the fish is cooked through and flaky, 3 to 4 minutes.
- ☐ Add the spaghetti and parsley. Toss to combine and divide among four bowls.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:21.174347711646%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 199.98kcal (10%), Fat: 10.13g (15.59%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 11.51g (4.19%), Sugar: 8.88g (9.86%), Cholesterol: 28.35mg (9.45%), Sodium: 646.29mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.09g (30.17%), Vitamin K: 140.27µg (133.59%), Selenium: 25.22µg (36.03%), Vitamin C: 28.71mg (34.8%), Vitamin E: 4.21mg (28.06%), Vitamin B3: 4.78mg (23.92%), Potassium: 808.19mg (23.09%), Vitamin A: 1109.56IU (22.19%), Copper: 0.44mg (21.77%), Manganese: 0.43mg (21.73%), Vitamin B6: 0.42mg (21.06%), Iron: 3.57mg (19.86%), Fiber: 4.49g (17.98%), Phosphorus: 167.38mg (16.74%), Magnesium: 60.94mg (15.24%), Vitamin B12: 0.9µg (14.93%), Folate: 51.75µg (12.94%), Vitamin B1: 0.18mg (12.28%), Vitamin D: 1.76µg (11.72%), Calcium: 95.67mg (9.57%), Vitamin B2: 0.15mg (8.83%), Vitamin B5: 0.87mg (8.72%), Zinc: 0.83mg (5.55%)