



St. Joseph's Day Pasta: Lasagnette del San Giuseppe

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



712 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 to 8 basil leaves
- ☐ 0.8 cup blanched almonds and
- ☐ 2 cups unseasoned bread crumbs fresh
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 1 clove garlic finely chopped

- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 1 onion spanish chopped
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper
- ☐ 8 fillet salt-packed anchovy rinsed chopped
- ☐ 1 pound lasagnette or

Equipment

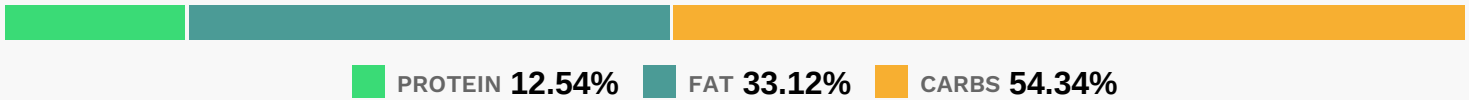
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ cutting board

Directions

- ☐ In a small frying pan over medium heat, gently toast the almonds in a teaspoon of olive oil until they are golden brown.
- ☐ Remove almonds to a cutting board and finely chop. In the oil remaining in the pan, toast bread crumbs until golden brown and crisp.
- ☐ Combine bread crumbs with almonds in a small bowl.
- ☐ Add 2 tablespoons of oil to the pan. Over medium-low heat, stir in anchovies and crush into oil with a fork.
- ☐ Transfer the anchovies and oil to the bowl with the bread crumbs, and season with lots of black pepper. Set aside.
- ☐ Pour the remaining oil into the frying pan, over medium-low heat.
- ☐ Add the garlic and onion and cook until soft, but not brown.
- ☐ Add tomato sauce and cook for 3 to 4 minutes, or until just long enough to combine flavors.

- ☐ Add basil and set aside.
- ☐ Bring a pot of lightly salted water to a rolling boil, drop in pasta and cook until al dente, about 10 to 12 minutes.
- ☐ Drain and dress with tomato sauce and half of bread crumb mixture.
- ☐ Sprinkle the remaining crumb mixture over top and serve immediately.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic, and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot, and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:53.31, Glycemic Load:23.93, Inflammation Score:-10, Nutrition Score:33.630869668463%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

Nutrients (% of daily need)

Calories: 712.14kcal (35.61%), Fat: 26.8g (41.22%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 98.9g (32.97%), Net Carbohydrates: 89.28g (32.46%), Sugar: 12.5g (13.88%), Cholesterol: 66.7mg (22.23%), Sodium: 1059.84mg (46.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.64%), Selenium: 71.9µg (102.72%), Manganese: 1.63mg (81.68%), Vitamin E: 7.71mg (51.4%), Vitamin B1: 0.66mg (43.7%), Vitamin C: 34.08mg (41.3%), Iron: 7.26mg (40.33%), Phosphorus: 396.47mg (39.65%), Fiber: 9.62g (38.49%), Vitamin B3: 7.33mg (36.66%), Magnesium: 143.26mg (35.82%), Copper: 0.72mg (35.8%), Vitamin B6: 0.62mg (31.05%), Vitamin B2: 0.52mg (30.34%), Vitamin A: 1397.77IU (27.96%), Potassium: 978.38mg (27.95%), Folate: 99.6µg (24.9%), Calcium: 248.96mg (24.9%), Zinc: 3.07mg (20.47%), Vitamin K: 20.54µg (19.56%), Vitamin B5: 1.37mg (13.73%), Vitamin B12: 0.38µg (6.31%), Vitamin D: 0.23µg (1.51%)