



HEALTH SCORE

52%

Vermicelli with Sauce alla Sofia



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy dry rinsed chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled capers drained
- ☐ 1.5 cups flat-leaf parsley leaves fresh loosely packed
- ☐ 2 garlic cloves
- ☐ 0.3 cup brine-cured olives green pitted
- ☐ 0.5 cup olive oil
- ☐ 1.5 cups onion sliced

- ☐ 1 lb vermicelli thin (spaghetti)
- ☐ 0.5 teaspoon salt

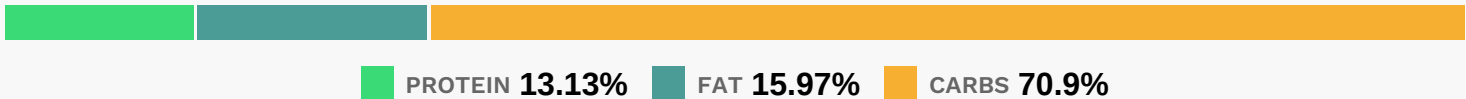
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ colander

Directions

- ☐ With a food processor running, drop in garlic and finely chop. Stop motor and add parsley, onion, anchovies, olives, capers, salt, and pepper, then process until finely chopped. With motor running, add 1/2 cup oil, blending until incorporated.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling until al dente.
- ☐ Drain well in a colander, then return to pot and toss with remaining 1 teaspoon oil.
- ☐ Transfer pasta to a large serving bowl, then pour sauce over top and toss well.
- ☐ Serve immediately.
- ☐ Sauce can be made 1 hour ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:23.77, Inflammation Score:-8, Nutrition Score:18.009130344443%

Flavonoids

Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

Nutrients (% of daily need)

Calories: 349.92kcal (17.5%), Fat: 6.19g (9.52%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 61.84g (20.61%), Net Carbohydrates: 57.93g (21.07%), Sugar: 3.9g (4.33%), Cholesterol: 1.6mg (0.53%), Sodium: 346.82mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.9%), Vitamin K: 248.83µg (236.98%), Selenium: 49.19µg (70.27%), Manganese: 0.8mg (39.95%), Vitamin C: 23.25mg (28.18%), Vitamin A: 1296.67IU (25.93%), Phosphorus: 169.85mg (16.98%), Fiber: 3.91g (15.62%), Copper: 0.28mg (13.89%), Magnesium: 54.1mg (13.53%), Iron: 2.18mg (12.1%), Folate: 44.67µg (11.17%), Vitamin B3: 1.93mg (9.66%), Potassium: 328.91mg (9.4%), Vitamin B6: 0.19mg (9.39%), Zinc: 1.36mg (9.06%), Vitamin B1: 0.1mg (6.97%), Vitamin E: 1.03mg (6.87%), Calcium: 56.2mg (5.62%), Vitamin B2: 0.08mg (4.73%), Vitamin B5: 0.46mg (4.61%)