



Ziti With Olives and Sun-Dried Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fillet anchovy diced
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup greek olives black pitted sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 cup sun-dried tomatoes chopped
- ☐ 16 ounce ziti pasta

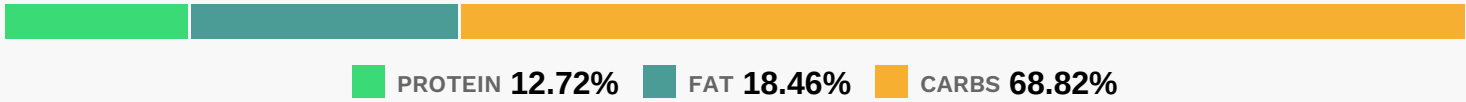
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling salted water until al dente.
- ☐ Meanwhile, place sun-dried tomatoes, olives, parsley, olive oil, anchovy fillets, and garlic in a large serving bowl.
- ☐ Drain pasta.
- ☐ Transfer to serving bowl, and toss with the sauce.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:23.61, Inflammation Score:-5, Nutrition Score:13.494347930602%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 352.5kcal (17.63%), Fat: 7.23g (11.12%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 57.12g (20.77%), Sugar: 4.39g (4.88%), Cholesterol: 0.8mg (0.27%), Sodium: 131.12mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.41%), Selenium: 48.81µg (69.73%), Vitamin K: 46.64µg (44.42%), Manganese: 0.83mg (41.39%), Phosphorus: 170.24mg (17.02%), Copper: 0.32mg (16.19%), Fiber: 3.52g (14.09%), Magnesium: 54.79mg (13.7%), Potassium: 404.36mg (11.55%), Vitamin B3: 2.08mg (10.41%), Iron: 1.82mg (10.09%), Zinc: 1.25mg (8.35%), Vitamin B6: 0.15mg (7.33%), Vitamin C: 6.03mg (7.31%), Vitamin E: 1.07mg (7.12%), Vitamin B1: 0.11mg (7.12%), Vitamin A: 294.24IU (5.88%), Folate: 21.94µg (5.48%), Vitamin B2: 0.08mg (4.87%), Vitamin B5: 0.48mg (4.8%), Calcium: 33.76mg (3.38%)