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## Pasta with Spicy Anchovy Sauce and Dill Bread Crumbs ♦

This pasta dish features a spicy anchovy sauce that adds a bold and savory flavor to the dish. The dill bread crumbs provide a crunchy texture and a hint of freshness. It is a perfect meal for pasta lovers who enjoy a little kick in their dishes.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	Pasta
<b>50 g</b>	anchovy fillets
<b>3 tbsp</b>	olive oil
<b>2 cloves</b>	garlic

1 tsp	red pepper flakes
50 g	bread crumbs
10 g	Dill
1 tsp	salt
1 tsp	black pepper

## Directions

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### Step 1

#### Boiling

Cook the pasta according to package instructions. Drain and set aside.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Sautéing

In a pan, heat olive oil over medium heat. Add garlic and red pepper flakes. Cook until garlic is fragrant.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

## Cooking

Add anchovy fillets to the pan. Cook until the anchovies dissolve and form a sauce.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

### Frying

In a separate pan, toast the bread crumbs until golden brown. Add dill and mix well.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

### Mixing

Add cooked pasta to the pan with the anchovy sauce. Toss to coat the pasta evenly.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

### Serving

Serve the pasta with a sprinkle of dill bread crumbs on top.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 50 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Cuisines

Italian

### Course

Breads

Salads

Soups

Snacks

Sauces & Dressings

### Cooking Method

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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