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Pasta Puttanesca ♦

Pasta Puttanesca is a traditional Italian dish that originated in Naples. It is a flavorful and spicy pasta dish made with tomatoes, olives, capers, garlic, and anchovies. The name 'Puttanesca' translates to 'prostitute' in Italian, and it is said that the dish was created by prostitutes who needed a quick and easy meal to prepare between clients. It is now a popular dish enjoyed by many.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	spaghetti
4 tbsp	olive oil
4 cloves	garlic
4 fillets	Anchovies

2 c	canned tomatoes
1 c	Black Olives
2 tbsp	Capers
1 tsp	Red Pepper Flakes
1 tsp	Salt
50 g	parmesan cheese

Directions

Step 1

Boiling

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

Prep Time: 0 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the garlic and anchovies and cook until the anchovies dissolve and the garlic is fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add the canned tomatoes, black olives, capers, red pepper flakes, and salt to the skillet. Cook for 10 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

Add the cooked spaghetti to the skillet and toss to coat the pasta in the sauce. Cook for an additional 2-3 minutes, until heated through.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Plating

Serve the Pasta Puttanesca hot, garnished with grated Parmesan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian German American

Course

Salads Sauces & Dressings

Cooking Method

Microwaving Cut Serving Cooking None Stir-frying Mashing
Preheating Heating Refrigerating Preparation Cooling Oven

Healthy For

Gastroesophageal reflux disease (GERD) Celiac disease

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Easy

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