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Celeriac Pasta with Puttanesca Sauce

Celeriac Pasta with Puttanesca Sauce is a delicious and flavorful dish that combines the earthy taste of celeriac with the bold flavors of a classic puttanesca sauce. This dish is perfect for pasta lovers who want to try something new and exciting. The celeriac pasta is made by spiralizing celeriac into noodles and cooking them until tender. The puttanesca sauce is made with tomatoes, olives, capers, garlic, and anchovies, creating a rich and tangy sauce that pairs perfectly with the celeriac noodles. This recipe is easy to make and can be enjoyed by both vegetarians and non-vegetarians.

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

500 g celeriac

400 g Tomatoes

100 g	Olives
50 g	Capers
2 cloves	garlic
2 fillets	Anchovies
2 tbsp	olive oil
1 tsp	red chili flakes
1 tsp	Salt
1 tsp	Black pepper
20 g	Fresh Basil

Directions

Step 1

Spiralize the celeriac into noodles.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a pan and sauté garlic and anchovies until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add tomatoes, olives, capers, red chili flakes, salt, and black pepper to the pan. Cook for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Boiling

In a separate pot, cook the celeriac noodles in boiling water for 5 minutes. Drain well.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Stove

Add the cooked celeriac noodles to the pan with the puttanesca sauce. Toss well to coat the noodles with the sauce.

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Garnish with fresh basil leaves and serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
Sugars	10 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	5 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	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian French Japanese Mediterranean Spanish

Course

Salads Soups Snacks

Cultural

Chinese New Year

Diet

South Beach Diet Zone Diet Nordic Diet 16:8 Diet Warrior Diet
OMAD (One Meal a Day) Diet Vegetarian Diet Vegan Diet Raw Food Diet
Pescatarian Diet Ovo-Vegetarian Diet

Meal Type

Lunch Supper

Difficulty Level

Medium

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