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Sicilian Pasta ♦♦

Sicilian pasta is a traditional Italian dish that originated in Sicily. It is a hearty and flavorful pasta dish that is loved by many. The pasta is cooked al dente and tossed with a rich tomato sauce, garlic, onions, capers, olives, and anchovies. It is then topped with fresh basil and grated Parmesan cheese. The dish is typically served as a main course and is enjoyed with a glass of red wine.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	spaghetti
200 g	tomato sauce
2 cloves	garlic

1 medium	onion
2 tbsp	Capers
2 tbsp	Olives
4 filets	Anchovies
10 leaves	Basil
50 g	parmesan cheese

Directions

Step 1

Boiling

Cook the spaghetti according to package instructions until al dente.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add garlic and onion and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add tomato sauce, capers, olives, and anchovies to the skillet. Cook for 10 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Cooking

Add the cooked spaghetti to the skillet and toss to coat with the sauce. Cook for an additional 2 minutes to heat through.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Plating

Serve the Sicilian pasta hot, garnished with fresh basil leaves and grated Parmesan cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 50 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	50 g	90.91%	100%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	5 mg	384.62%	384.62%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
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	6 mg	54.55%	75%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Cuisines

Italian

French

Mediterranean

German

Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers

Side Dishes

Sauces & Dressings

Cooking Method

Frying

Boiling

Steaming

Cut

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Refrigerating

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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