

# Spaghetti Puttanesca

Yield: 5 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/spaghetti-puttanesca-italian-recipe>

## Ingredients:

- 5 tablespoons olive oil
- 1 yellow onion thinly sliced
- 1 tablespoon minced garlic
- 1 teaspoon anchovy fillet minced
- 1/2 teaspoon red pepper flakes
- 1 tablespoon tomato paste
- juices
- 2 cans diced tomatoes
- 1 tablespoon capers rinsed and drained
- 1/2 cup oil cured black olives pitted
- 1 teaspoon fresh oregano minced
- 4 teaspoons fresh basil minced
- 3 tablespoons fresh flat leaf parsley minced
- ground black pepper Freshly, to taste
- 1 pound spaghetti fresh, cooked until al dente

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 81 grams
3. Fat: 17 grams
4. Fiber: 5 grams
5. Protein: 14 grams
6. SaturatedFat: 2 grams
7. Sodium: 210 milligrams
8. Sugar: 10 grams

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