

Penne Puttanesca

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1/2 cup extra virgin olive oil
- 1 white onion small, minced
- 4 garlic cloves finely sliced
- 2 pounds plum tomatoes seeded and diced
- 1 cup kalamata pitted and sliced, nicoise
- gaeta olives
- 1/4 cup capers drained
- 1/4 cup anchovy fillets coarsely chopped cured
- 1/4 teaspoon crushed red pepper flakes
- freshly ground pepper
- salt
- 2 tablespoons fresh flat leaf parsley finely chopped
- 1 pound penne pasta dried

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 5 milligrams
4. Fat: 33 grams
5. Fiber: 8 grams
6. Protein: 20 grams
7. SaturatedFat: 4 grams
8. Sodium: 770 milligrams
9. Sugar: 11 grams

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