

authentic Italian puttanesca

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 14 ounces spaghetti 360-400 gr
- 17 1/2 ounces canned tomatoes 500 gr
- 2 anchovies
- 5 tablespoons black olives deseeded, I used taggiasche
- 1 garlic clove
- 1 tablespoon capers salted
- 1 red chili
- 2 tablespoons fresh parsley finely chopped
- 2 tablespoons extra virgin olive oil

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 84 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 330 milligrams
8. Sugar: 3 grams

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