

# Pasta Puttanesca

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-zeppole-recipe-anchovies>

## Ingredients:

- 1 pound pasta your preference \$0.79
- 2 tablespoons olive oil \$0.21
- 1 small yellow onion \$0.57
- 4 cloves garlic \$0.16
- 3 anchovies filets, \$0.56
- 1/2 teaspoon red pepper flakes \$0.05
- 28 ounces crushed tomatoes or can diced, \$2.00
- 15 Kalamata olives \$1.76
- 1/3 bunch fresh basil or 1 tsp. dry \$0.49
- 2 tablespoons capers \$0.50
- 1/2 tablespoon brown sugar optional \$0.02

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 103 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 8 grams
6. Protein: 20 grams
7. SaturatedFat: 1 grams
8. Sodium: 460 milligrams
9. Sugar: 5 grams

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