

Sicilian Pasta With Sardines And Wild Fennel

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sardines-pasta-recipe>

Ingredients:

- 7/8 pound pasta 14 oz I used organic penne from Sicily
- 7/8 pound sardines fresh, 14 oz or canned
- 3 anchovy fillets
- 3 bunches fennel wild, or fennel tops
- 1 onion peeled and finely chopped
- 4 tablespoons extra virgin olive oil
- 1 teaspoon saffron threads or powder
- 7 1/8 tablespoons raisins
- 3 9/16 tablespoons pine nuts
- salt for pasta and to taste
- ground black pepper to taste

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 145 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 40 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 710 milligrams
9. Sugar: 12 grams

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