

## PUTTANESCA SAUCE RECIPE (FOR 100G OF SAUCE)

Pasta alla Puttanesca is a classic Italian dish from Naples, known for its bold and savory flavors. The sauce combines peeled tomatoes, black olives, capers, anchovies, garlic, and chili pepper, all sautéed in extra virgin olive oil and finished with fresh parsley. The result is a rich, tangy, and slightly spicy sauce that pairs perfectly with spaghetti or other pasta types. It's a quick, flavorful, and satisfying meal that embodies the essence of Southern Italian cuisine.

 10 hours  
 20 hours  
 1.3 portions

### INGREDIENTS

- 70 grams of tomatoes
- 10 grams of olives, black type
- 5 grams of capers, pickled, canned, drained
- 5 grams of anchovies, canned in oil
- 5 grams of vegetable oil, olive, extravirgin
- 1/2 clove of garlic, peeled or unpeeled, fresh or frozen, raw [2 g]
- 3 grams of parsley, dried
- 3 grams of chilli [chili], red, raw

### COOKING METHOD

- 1° Sauté the Aromatics – Heat the extra virgin olive oil in a pan over medium heat. Add the garlic and anchovies, stirring until the anchovies dissolve. Add the Flavorings – Stir in the chili pepper, capers, and sliced black olives, letting them release their flavors for about 1 minute. Simmer the Sauce – Pour in the crushed peeled tomatoes, mix well, and let the sauce simmer for 10-15 minutes, stirring occasionally, until it thickens. Final Touch – Adjust seasoning if needed [be mindful of the salt from capers and anchovies]. Turn off the heat and stir in freshly chopped parsley. The sauce is now ready to be mixed with pasta or served as desired.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PUTTANESCA SAUCE FOR PASTA (80 g)	% DRI
ENERGY	97 kcal	62 kcal	3 %
FAT	8 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	4 %
CHOLESTEROL	6 mg	4 mg	1 %
SODIUM	181 mg	116 mg	5 %
CARBOHYDRATE	3 g	2 g	1 %
SUGARS	3 g	2 g	—
FIBER	3 g	2 g	8 %
PROTEIN	3 g	2 g	—