

Recipe Analyzer Results

A single serving of puttanesca sauce has 260 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories **260**

% Daily Value*

Total Fat 15.1g **19%**

Saturated Fat 2.1g **10%**

Cholesterol 8mg **3%**

Sodium 1221mg **53%**

Total Carbohydrate 23.9g **9%**

Dietary Fiber 7.5g **27%**

Total Sugars 15.7g

Protein 7.6g

Vitamin D 0mcg 0%

Calcium 155mg 12%

Iron 4mg 23%

Potassium 60mg 1%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Ingredients:

- 1/4 c Olive oil
- 6 cloves Garlic
- 2 oz Anchovy filets
- 1/4 c Zinfandel
- 1/2 c olives
- 1/4 c Capers
- 28 oz Crushed tomatoes
- 1 tsp ground fennel
- 2 tbsp brown sugar
- 1/4 c fresh basil, chopped