



Acme Buttered Noodles

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups arugula fresh loosely packed
- 0.3 cup asiago cheese shredded divided finely
- 3 tablespoons butter melted
- 12 ounces enriched
- 0.5 teaspoon garlic minced
- 1 tablespoon squeezed lemon juice fresh
- 6 servings salt and cracked pepper fresh black

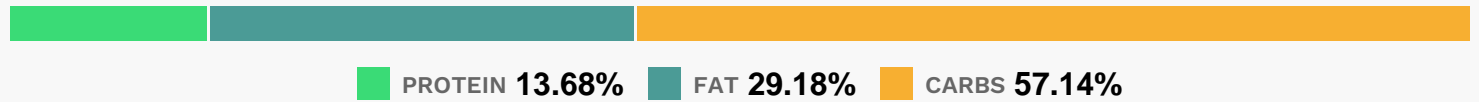
Equipment

- bowl
- frying pan

Directions

- Watch how to make this recipe.
- Cook the noodles according to package directions.
- Melt 3 tablespoons butter in a large saute pan.
- Add the garlic and cook 1 minute.
- Add the arugula and allow to wilt, about 1 minute.
- Add the lemon juice, salt and pepper and toss gently to combine well. Strain the pasta and add to the saute pan, tossing the noodles to combine.
- Add 1/2 the Asiago, toss and put in a serving bowl.
- Garnish with the remaining Asiago and a fresh crack of black pepper.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:17.08, Inflammation Score:-5, Nutrition Score:10.188260824784%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 287.67kcal (14.38%), Fat: 9.34g (14.38%), Saturated Fat: 4.96g (31%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 39.12g (14.23%), Sugar: 1.37g (1.53%), Cholesterol: 65.51mg (21.84%), Sodium: 320.22mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Selenium: 45.75µg (65.36%), Manganese: 0.52mg (26.13%), Phosphorus: 173.02mg (17.3%), Vitamin K: 11.75µg (11.19%), Magnesium: 39.78mg (9.94%), Vitamin A: 480.1IU (9.6%), Copper: 0.18mg (8.93%), Calcium: 87.58mg (8.76%), Zinc: 1.26mg (8.41%), Fiber: 2.04g (8.18%), Iron: 1.27mg (7.04%), Vitamin B1: 0.1mg (6.92%), Vitamin B6: 0.14mg (6.9%), Folate: 27.15µg (6.79%), Vitamin B3:

1.24mg (6.2%), Vitamin B5: 0.59mg (5.92%), Potassium: 184.38mg (5.27%), Vitamin B2: 0.08mg (4.5%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 2.55mg (3.09%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.19µg (1.27%)