



Angel Hair Pasta with Pignoli

READY IN



45 min.

SERVINGS



4

CALORIES



891 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce angel hair pasta
- 2.3 tablespoons butter
- 0.5 cup ghee
- 1 pinch ground nutmeg
- 1.3 cups heavy whipping cream
- 0.8 cup pinenuts
- 4 servings salt to taste
- 1 pinch pepper white freshly ground

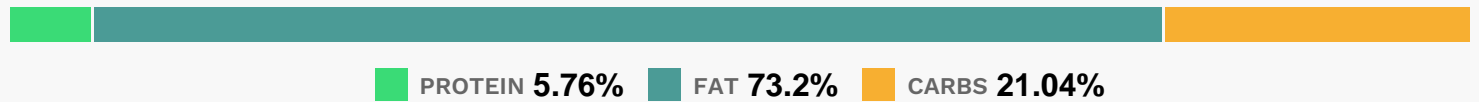
Equipment

- frying pan
- sauce pan

Directions

- Toast pignoli nuts slowly in a skillet, watching carefully not to burn.
- Remove from skillet when nuts are tan in color.
- Cook noodles in boiling salted water until al dente.
- Drain.
- Combine heavy cream, clarified butter, 2 1/3 tablespoons butter or margarine, nutmeg, and salt and pepper in a saucepan; heat thoroughly.
- Add noodles to the heated sauce.
- Let sauce reduce to a creamy consistency. Top with nuts, and serve.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:17.07, Inflammation Score:-7, Nutrition Score:18.267391186693%

Nutrients (% of daily need)

Calories: 890.7kcal (44.53%), Fat: 74.12g (114.03%), Saturated Fat: 36.69g (229.34%), Carbohydrates: 47.93g (15.98%), Net Carbohydrates: 45.11g (16.4%), Sugar: 4.67g (5.19%), Cholesterol: 159.2mg (53.07%), Sodium: 270.78mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.25%), Manganese: 2.76mg (137.93%), Selenium: 38.33µg (54.76%), Phosphorus: 298.43mg (29.84%), Vitamin A: 1304.99IU (26.1%), Copper: 0.51mg (25.47%), Magnesium: 99.46mg (24.87%), Vitamin E: 3.3mg (21.98%), Zinc: 2.62mg (17.5%), Vitamin K: 16.65µg (15.86%), Vitamin B2: 0.23mg (13.78%), Iron: 2.23mg (12.38%), Fiber: 2.82g (11.26%), Vitamin B3: 2.13mg (10.65%), Vitamin B1: 0.16mg (10.62%), Potassium: 351.12mg (10.03%), Vitamin D: 1.19µg (7.93%), Calcium: 67.72mg (6.77%), Vitamin B6: 0.13mg (6.55%), Folate: 22.23µg (5.56%), Vitamin B5: 0.52mg (5.22%), Vitamin B12: 0.13µg (2.21%)