



Angel Hair Pasta With Walnut-Carrot Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 medium carrots roughly chopped
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic roughly chopped
- 0.5 cup golden raisins
- 0.5 juice of lemon
- 4 servings kosher salt
- 1 teaspoon lemon zest grated
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon oregano dried

- 2 ounces parmesan cheese grated plus more for topping
- 1 pinch pepper flakes red
- 0.3 cup walnuts
- 10 ounces whole-grain angel hair pasta

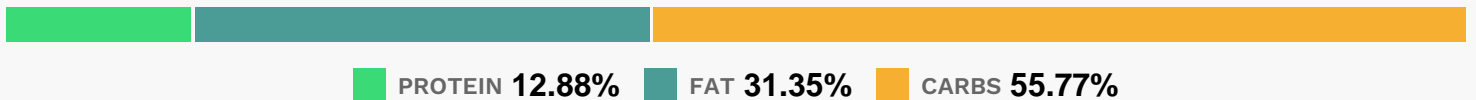
Equipment

- food processor
- bowl
- frying pan
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the pasta and cook as the label directs. Reserve 1 1/2 cups cooking water, then drain the pasta. Meanwhile, put the carrots, walnuts, garlic, oregano, lemon zest, 1/4 teaspoon salt and the red pepper flakes in a food processor and pulse until finely chopped.
- Heat the olive oil in a large nonstick skillet over medium-high heat.
- Add the walnut-carrot mixture and the raisins and cook, stirring frequently, until the carrots soften and begin to brown, about 5 minutes.
- Add the reserved cooking water and bring to a simmer, then add the pasta, pecorino, lemon juice, parsley, and salt to taste and toss. Divide among bowls and top with more cheese.
- Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:30.43, Inflammation Score:-10, Nutrition Score:22.421739172676%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 516.5kcal (25.83%), Fat: 18.3g (28.16%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 73.26g (24.42%), Net Carbohydrates: 68.45g (24.89%), Sugar: 14.6g (16.22%), Cholesterol: 9.64mg (3.21%), Sodium: 451.15mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.84%), Vitamin A: 5472.98IU (109.46%), Selenium: 48.86µg (69.8%), Vitamin K: 60.26µg (57.39%), Manganese: 1.13mg (56.44%), Phosphorus: 302.42mg (30.24%), Copper: 0.46mg (22.8%), Calcium: 223.95mg (22.4%), Fiber: 4.81g (19.24%), Magnesium: 72.1mg (18.03%), Vitamin B6: 0.29mg (14.68%), Potassium: 477.94mg (13.66%), Zinc: 1.88mg (12.55%), Iron: 2.09mg (11.63%), Vitamin C: 9.07mg (10.99%), Vitamin E: 1.49mg (9.96%), Vitamin B3: 1.93mg (9.64%), Vitamin B2: 0.16mg (9.63%), Folate: 35.66µg (8.92%), Vitamin B1: 0.13mg (8.76%), Vitamin B5: 0.56mg (5.64%), Vitamin B12: 0.17µg (2.83%)