



Bow Ties with Sun-Dried Tomato and Scallion Cream

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bow ties
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 cup heavy whipping cream light
- ☐ 1 teaspoon salt
- ☐ 5 scallions white
- ☐ 12 halves reconstituted sun-dried tomato halves chopped

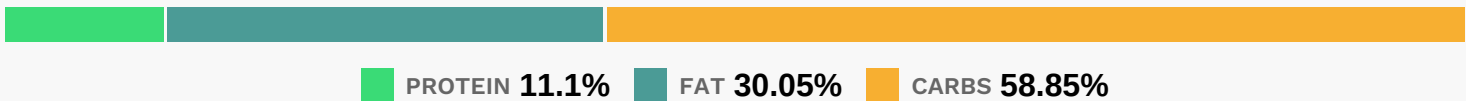
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a blender or food processor, puree the scallions and sun-dried tomatoes with 1/2 cup of the cream.
- ☐ In a large pot of boiling, salted water, cook the bow ties until just done, about 15 minutes. Reserve 1/2 cup of the pasta water.
- ☐ Drain the pasta and toss with the puree, the remaining 1/2 cup cream, 1/3 cup of the reserved pasta water, the salt, pepper, and parsley. If the sauce seems too thick, thin it by adding more of the reserved pasta water.
- ☐ Variation: Bow Ties with Sun-Dried Tomato and Herb Cream: An equal quantity of chopped fresh basil or chives or 2 tablespoons of tarragon would be a good alternative or addition to the parsley.
- ☐ Reconstituting Sun-Dried Tomatoes: In a small pan, bring enough water to a boil to cover the dried tomatoes.
- ☐ Add the tomatoes, then remove from the heat and let steep in the hot water for about 5 minutes.
- ☐ Drain. You can also use drained oil-packed sun-dried tomatoes for this recipe. Since they're already soft, you don't have to reconstitute them.
- ☐ Wine Recommendation: A fruity red wine will be ideal with the rich sauce and the assertive, salty taste of the sun-dried tomatoes. A slightly chilled bottle of barbera or dolcetto from the Piedmont region of Italy would be perfect.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:34.72, Inflammation Score:-7, Nutrition Score:20.303913261579%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 609.42kcal (30.47%), Fat: 20.33g (31.28%), Saturated Fat: 11.89g (74.33%), Carbohydrates: 89.57g (29.86%), Net Carbohydrates: 85.02g (30.92%), Sugar: 4.6g (5.11%), Cholesterol: 66.32mg (22.11%), Sodium: 615.83mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.79%), Selenium: 72.24µg (103.2%), Vitamin K: 83.68µg (79.69%), Manganese: 1.16mg (57.9%), Phosphorus: 269.13mg (26.91%), Vitamin A: 1035.13IU (20.7%), Copper: 0.4mg (19.76%), Magnesium: 75.05mg (18.76%), Fiber: 4.55g (18.2%), Potassium: 475.2mg (13.58%), Zinc: 1.9mg (12.69%), Iron: 2.2mg (12.23%), Vitamin B3: 2.35mg (11.73%), Vitamin B2: 0.17mg (10.16%), Vitamin C: 8.34mg (10.11%), Vitamin B6: 0.2mg (10.01%), Folate: 39.04µg (9.76%), Vitamin B1: 0.14mg (9.56%), Calcium: 84.75mg (8.47%), Vitamin B5: 0.73mg (7.33%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.36µg (2.39%), Vitamin B12: 0.12µg (1.99%)