



Buttered Noodles with Chives

READY IN



25 min.

SERVINGS



6

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons chives minced
- 2 cloves garlic diced finely
- 6 servings pepper black freshly ground
- 1 tablespoon juice of lemon
- 2 tablespoons parmesan grated
- 1 small shallots diced finely
- 4 tablespoons butter unsalted divided
- 12 ounce extra wide egg noodles

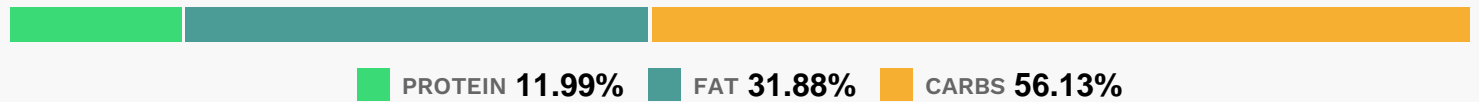
Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Cook the noodles in a large pot of boiling salted water over medium heat, according to the package directions.
- Drain in a colander and set aside.
- Melt 2 tablespoons butter in a large skillet over medium heat.
- Add the shallot and garlic and saute until tender. Season with salt and pepper, to taste.
- Add the remaining 2 tablespoons butter and when melted stir in the chives, Parmesan and lemon.
- Add the noodles to the skillet and toss to combine.
- Transfer to a serving bowl and serve with Gina's Oxtail Stew.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:17.26, Inflammation Score:-4, Nutrition Score:9.2517391806063%

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: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 296.77kcal (14.84%), Fat: 10.54g (16.22%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 39.7g (14.44%), Sugar: 1.5g (1.67%), Cholesterol: 68.83mg (22.94%), Sodium: 40.38mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.85%), Selenium: 45.36µg (64.79%), Manganese: 0.53mg (26.56%), Phosphorus: 155.42mg (15.54%), Copper: 0.18mg (9.02%), Magnesium: 35.67mg (8.92%), Fiber: 2.08g (8.33%), Zinc: 1.18mg (7.86%), Vitamin B6: 0.15mg (7.69%), Vitamin B1: 0.1mg (6.9%), Iron: 1.19mg (6.6%), Vitamin A: 325.89IU (6.52%), Vitamin B3: 1.22mg (6.12%), Vitamin B5: 0.56mg (5.61%), Folate: 19.85µg (4.96%), Potassium: 166.91mg (4.77%), Calcium: 46.68mg (4.67%), Vitamin B2: 0.06mg (3.73%), Vitamin B12: 0.2µg (3.34%), Vitamin K: 3.31µg (3.15%), Vitamin E: 0.44mg (2.93%), Vitamin C: 2.19mg (2.66%), Vitamin D: 0.32µg (2.12%)