



WHATSheATE



Campanelle Pasta with Parsley Butter

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound rotini pasta (trumpet-shaped)
- ☐ 1 garlic clove peeled
- ☐ 2 teaspoons lemon zest packed grated ()
- ☐ 1 cup parsley fresh italian packed coarsely chopped ()
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

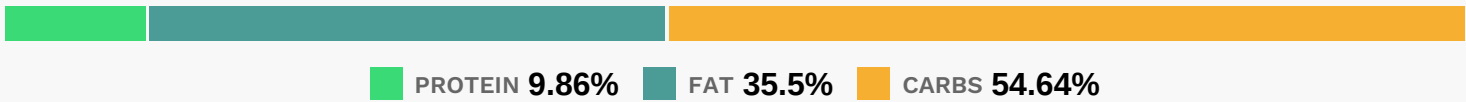
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Finely chop parsley, lemon peel, and garlic in processor.
- ☐ Add butter and process until well blended. Season parsley butter to taste with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate. Bring to room temperature before using.)
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain.
- ☐ Transfer pasta to large serving bowl.
- ☐ Add half of parsley butter (about 1/3 cup) to pasta (reserve remainder for Broccoli Rabe with Parsley Butter); toss to coat. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:22.84, Inflammation Score:-8, Nutrition Score:15.893043453279%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 420.76kcal (21.04%), Fat: 16.57g (25.49%), Saturated Fat: 9.94g (62.13%), Carbohydrates: 57.37g (19.12%), Net Carbohydrates: 54.54g (19.83%), Sugar: 2.15g (2.39%), Cholesterol: 40.67mg (13.56%), Sodium: 12.34mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.72%), Vitamin K: 165.41µg (157.53%), Selenium: 48.05µg (68.65%), Manganese: 0.72mg (35.92%), Vitamin A: 1315.51IU (26.31%), Vitamin C: 14.32mg (17.35%), Phosphorus: 154.07mg (15.41%), Copper: 0.24mg (11.93%), Magnesium: 45.67mg (11.42%), Fiber: 2.83g (11.32%), Iron: 1.62mg (9%), Zinc: 1.2mg (7.98%), Folate: 29.48µg (7.37%), Vitamin B3: 1.43mg (7.15%), Potassium: 231.6mg (6.62%), Vitamin B6: 0.12mg (6.21%), Vitamin B1: 0.08mg (5.27%), Vitamin E: 0.6mg (3.99%), Vitamin B5: 0.39mg (3.92%), Vitamin B2: 0.06mg (3.69%), Calcium: 36.01mg (3.6%), Vitamin D: 0.28µg (1.89%)