



WHATSheATE



Cauliflower-Onion Linguine

READY IN



35 min.

SERVINGS



4

CALORIES



609 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups cauliflower florets roughly chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 cup fried onions chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt
- ☐ 12 ounces pasta
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup parmesan cheese grated plus more for topping

- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon pepper flakes red

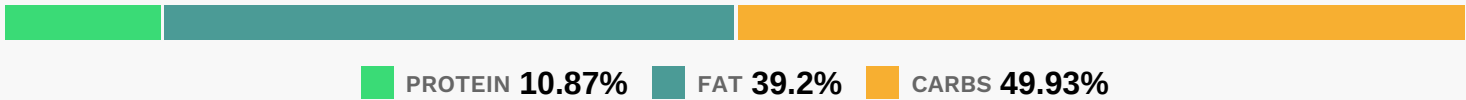
Equipment

- ☐ 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 cup cooking water, then drain the pasta. Return to the pot and toss with 1 tablespoon olive oil.
- ☐ Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium heat.
- ☐ Add the garlic and cook about 30 seconds.
- ☐ Add the panko and fried onions and cook, stirring, until lightly toasted, about 3 minutes.
- ☐ Transfer to a plate; wipe out the skillet.
- ☐ Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat.
- ☐ Add the cauliflower and cook until the edges brown, about 4 minutes.
- ☐ Add the red pepper flakes and toast 30 seconds.
- ☐ Add the reserved pasta water and cook until the liquid is reduced by half and the cauliflower is crisp-tender, about 1 more minute.
- ☐ Add the pasta, onion mixture and parmesan to the skillet and toss. Season with salt. Top with the basil, pine nuts and more parmesan. Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:26.63, Inflammation Score:-7, Nutrition Score:22.75913038785%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 609.12kcal (30.46%), Fat: 26.74g (41.13%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 76.62g (25.54%), Net Carbohydrates: 71.28g (25.92%), Sugar: 4.76g (5.29%), Cholesterol: 5.44mg (1.81%), Sodium: 428.87mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.35%), Manganese: 1.76mg (87.93%), Selenium: 57.81µg (82.59%), Vitamin C: 48.92mg (59.29%), Vitamin K: 33.35µg (31.77%), Phosphorus: 302.67mg (30.27%), Magnesium: 86.45mg (21.61%), Fiber: 5.34g (21.35%), Copper: 0.42mg (20.96%), Vitamin E: 3.12mg (20.77%), Folate: 80.36µg (20.09%), Vitamin B6: 0.35mg (17.38%), Potassium: 571.9mg (16.34%), Zinc: 2.38mg (15.83%), Vitamin B1: 0.2mg (13.28%), Iron: 2.38mg (13.23%), Vitamin B3: 2.63mg (13.13%), Vitamin B5: 1.11mg (11.14%), Calcium: 108.89mg (10.89%), Vitamin B2: 0.17mg (10.1%), Vitamin A: 183.52IU (3.67%), Vitamin B12: 0.1µg (1.63%)