



Cook the Book Party Planner: Black Tagliatelle with Cuttlefish

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large eggs beaten
- ☐ 1.8 cups flour all-purpose as needed plus more
- ☐ 2 garlic clove peeled
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup shallots chopped
- ☐ 3 ounces tomato purée
- ☐ 0.3 pound butter unsalted (1 stick)

☐ 0.3 cup wine

Equipment

☐ frying pan

☐ mixing bowl

☐ measuring cup

☐ pasta machine

Directions

☐ Pour the flour onto a work surface or into a mixing bowl and shape it into a mound. Use your hand or the bottom of a measuring cup to hollow out the center of the mound to form a crater.

☐ Add the ink and 1 tablespoon of water along with the eggs into the crater. Beat the eggs mixture lightly with a fork, as if making scrambled eggs. When the eggs begin to look homogenous, use the fork to pull a little of the flour into the eggs, gradually adding more flour until the eggs are no longer runny. Push aside 3 tablespoons of flour, then use your hands to work the rest of the flour into the eggs until the dough is smooth.

☐ When you think you have achieved the right texture, wash and dry your hands. Press your finger into the center of the dough ball. If the dough does not stick to your finger as you pull it out, you do not need to add more flour. If the dough is still sticky, knead in flour in small increments (heaping tablespoons) until the dough passes the test.

☐ Use a towel or pastry scraper to remove any loose flour or crumbs from your work surface – it should be clean when you knead the dough. Press the ball of dough forward with the palm of your hand, then fold the dough over itself, then give the dough a half turn. Repeat, pressing forward with your palm, folding in half, and turning, always in the same direction. When the dough is smooth and slightly "leathery" (anywhere from 5 to 10 minutes), it is ready to be rolled out.

☐ Roll out the dough according to the directions on your pasta maker, then hang up to dry.

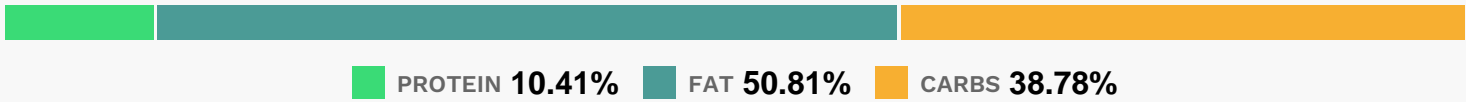
☐ Heat 3 tablespoons of butter in a pan and saute the shallot and garlic, removing the garlic when it turns golden.

☐ Add the cuttlefish, wine, tomatoes, salt and pepper. Cook slowly over low heat until done.

☐ Cook the tagliatelle in lightly salted boiling water, drain them but not completely, and add them to the sauce.

Add the remaining butter and Parmigiano-Reggiano and cook for a few minutes.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:31.27, Inflammation Score:-7, Nutrition Score:14.799565232318%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 507.56kcal (25.38%), Fat: 28.13g (43.28%), Saturated Fat: 16.81g (105.05%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 45.76g (16.64%), Sugar: 3.06g (3.4%), Cholesterol: 159.62mg (53.21%), Sodium: 376.33mg (16.36%), Alcohol: 1.54g (100%), Alcohol %: 1.12% (100%), Protein: 12.97g (25.94%), Selenium: 28.99µg (41.41%), Vitamin B1: 0.46mg (30.99%), Folate: 122.5µg (30.62%), Vitamin B2: 0.45mg (26.27%), Manganese: 0.52mg (25.97%), Iron: 3.73mg (20.73%), Vitamin A: 1017.9IU (20.36%), Phosphorus: 198.53mg (19.85%), Vitamin B3: 3.66mg (18.3%), Calcium: 142.98mg (14.3%), Fiber: 2.54g (10.17%), Vitamin B6: 0.2mg (9.8%), Copper: 0.19mg (9.38%), Vitamin E: 1.4mg (9.33%), Vitamin B5: 0.86mg (8.58%), Potassium: 283.38mg (8.1%), Zinc: 1.15mg (7.68%), Magnesium: 30.18mg (7.54%), Vitamin D: 0.97µg (6.45%), Vitamin B12: 0.37µg (6.18%), Vitamin C: 4.3mg (5.21%), Vitamin K: 3.33µg (3.17%)