



Creamy linguine with ham, lemon & basil

 Popular

READY IN



25 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 400 g pasta like spaghetti
- ☐ 90 g pancetta
- ☐ 1 tbsp olive oil
- ☐ 1 juice of lemon
- ☐ 2 egg yolk
- ☐ 3 tbsp crème fraîche
- ☐ 1 large handful basil
- ☐ 1 large handful parmesan grated

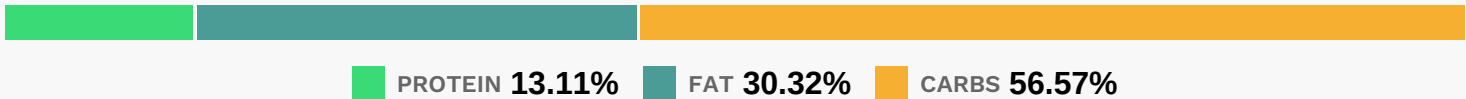
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Cook the linguine. Meanwhile, tear the ham into small pieces and fry in the olive oil until golden and crisp.
- ☐ Drain the pasta, reserving a little of the cooking water, then return to the pan. Tip in the cooked ham.
- ☐ Mix together the lemon juice, egg yolks and crme frache, then add this to the pan along with the basil and Parmesan.
- ☐ Mix in with tongs, adding a little of the cooking water, if needed, to make a creamy sauce that coats the pasta.
- ☐ Serve with extra Parmesan grated over the top, if you like.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:20.02, Inflammation Score:-3, Nutrition Score:10.037826071615%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 363.54kcal (18.18%), Fat: 12.1g (18.62%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 50.82g (16.94%), Net Carbohydrates: 48.67g (17.7%), Sugar: 2.15g (2.39%), Cholesterol: 78.35mg (26.12%), Sodium: 110.82mg (4.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.55%), Selenium: 48.77µg (69.68%), Manganese: 0.62mg (31.07%), Phosphorus: 177.3mg (17.73%), Copper: 0.21mg (10.34%), Magnesium: 38.62mg (9.65%), Vitamin B3: 1.75mg (8.76%), Fiber: 2.15g (8.61%), Zinc: 1.28mg (8.56%), Vitamin B6: 0.16mg (8.05%), Vitamin B1: 0.11mg (7.64%), Iron: 1.13mg (6.25%), Vitamin B5: 0.58mg (5.78%), Potassium: 198.72mg (5.68%), Vitamin B2: 0.1mg (5.62%), Folate: 22.36µg (5.59%), Vitamin E: 0.66mg (4.41%), Vitamin B12: 0.21µg (3.44%), Calcium: 31.44mg (3.14%),

Vitamin A: 148.63IU (2.97%), Vitamin K: 2.99µg (2.85%), Vitamin D: 0.38µg (2.57%), Vitamin C: 2.05mg (2.48%)