



Creamy tagliatelle with fennel

READY IN



25 min.

SERVINGS



4

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 heads fennel bulb halved thinly sliced
- ☐ 2 tsp fennel seeds
- ☐ 3 garlic clove finely chopped
- ☐ 300 g tagliatelle
- ☐ 1 large pinch lemon zest
- ☐ 6 tbsp mascarpone cheese
- ☐ 1 handful parsley roughly chopped

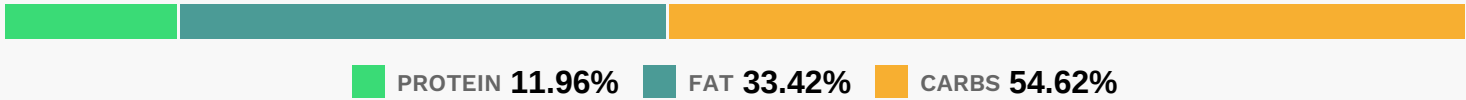
Equipment

☐ frying pan

Directions

- ☐ Add the oil to a non-stick frying pan. Tip in the fennel and cook for 10 mins until soft and slightly golden, adding the fennel seeds and garlic for the final 3 mins of cooking.
- ☐ Meanwhile, cook the pasta following pack instructions, reserving a few tbsp of the cooking water for the sauce.
- ☐ Stir the lemon zest, juice, mascarpone and most of the parsley into the fennel mixture.
- ☐ Heat through then toss in the cooked pasta and a few tbsp of the cooking water. Give everything a good stir and season. Scatter over the remaining parsley and serve.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:24.86, Inflammation Score:-6, Nutrition Score:20.776521496151%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 463.74kcal (23.19%), Fat: 17.36g (26.7%), Saturated Fat: 7.78g (48.63%), Carbohydrates: 63.81g (21.27%), Net Carbohydrates: 57.21g (20.8%), Sugar: 6.05g (6.72%), Cholesterol: 85.5mg (28.5%), Sodium: 90.87mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.96%), Vitamin K: 92.4µg (88%), Selenium: 60.24µg (86.06%), Manganese: 0.97mg (48.46%), Fiber: 6.61g (26.43%), Phosphorus: 248.17mg (24.82%), Vitamin C: 16.6mg (20.13%), Potassium: 699.32mg (19.98%), Magnesium: 68.34mg (17.08%), Copper: 0.32mg (15.95%), Iron: 2.59mg (14.37%), Folate: 54.96µg (13.74%), Calcium: 132.86mg (13.29%), Vitamin B6: 0.25mg (12.55%), Vitamin A: 604.2IU (12.08%), Vitamin B3: 2.41mg (12.07%), Zinc: 1.75mg (11.66%), Vitamin B1: 0.15mg (9.92%), Vitamin E: 1.47mg (9.8%), Vitamin B5: 0.97mg (9.74%), Vitamin B2: 0.11mg (6.6%), Vitamin B12: 0.22µg (3.63%), Vitamin D: 0.22µg (1.5%)