



HEALTH SCORE

51%

Dinner Tonight: Spaghetti with Bottarga and Almonds



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 ounce almonds toasted



1 garlic clove minced



2 tablespoons olive oil extra virgin extra-virgin



0.3 cup parsley chopped



0.1 teaspoon pepper red



2 servings salt and pepper



0.5 pound pasta like spaghetti

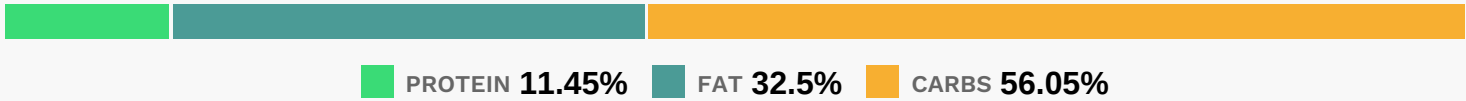
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the pasta and cook according to the directions on the box.
- ☐ Pour the oil into a large skillet set over medium heat.
- ☐ Add the garlic, half the parsley, and hot pepper flakes. Cook for a minute, or until very fragrant. Turn of the heat and add half of the bottarga.
- ☐ Transfer the garlic and parsley mixture to a large bowl. When the pasta is finished cook, reserve a 1/4 cup of pasta water and then drain the pasta in a colander.
- ☐ Add the pasta to the large bowl and stir well.
- ☐ Add the rest of the parsley and bottarga.
- ☐ Serve with a sprinkling of chopped almonds. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:34.38, Inflammation Score:-8, Nutrition Score:23.806086892667%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.37mg,

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 631.83kcal (31.59%), Fat: 22.87g (35.18%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 88.77g (29.59%), Net Carbohydrates: 83.05g (30.2%), Sugar: 3.73g (4.15%), Cholesterol: 0mg (0%), Sodium: 207.52mg (9.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.25%), Vitamin K: 131.7µg (125.43%), Selenium: 72.5µg (103.56%), Manganese: 1.4mg (70.17%), Vitamin E: 5.87mg (39.16%), Phosphorus: 289.52mg (28.95%), Magnesium: 102.69mg (25.67%), Copper: 0.49mg (24.54%), Fiber: 5.72g (22.89%), Iron: 2.59mg (14.4%), Zinc: 2.14mg (14.3%), Vitamin B2: 0.24mg (14.11%), Vitamin A: 669.14IU (13.38%), Vitamin B3: 2.56mg (12.82%), Vitamin C: 10.44mg (12.66%), Potassium: 406.96mg (11.63%), Vitamin B6: 0.21mg (10.42%), Folate: 38.13µg (9.53%), Vitamin B1: 0.14mg (9.39%), Calcium: 75.68mg (7.57%), Vitamin B5: 0.6mg (5.95%)