



Escargot and Pollock over Spinach Noodles

READY IN



20 min.

SERVINGS



4

CALORIES



706 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 0.5 teaspoon basil dried
- ☐ 7 ounce snails drained canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 small onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated for topping
- ☐ 16 ounce spinach spaghetti pasta

- ☐ 5 fillet pollock
- ☐ 5 fillet pollock

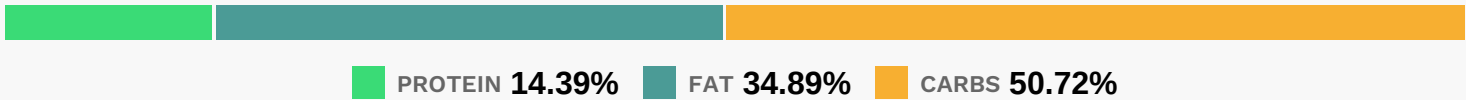
Equipment

- ☐ frying pan
- ☐ pot
- ☐ spatula

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the spaghetti, and cook until tender, about 7 minutes.
- ☐ Drain, stir in a tablespoon of butter, and set aside.
- ☐ Melt 1 tablespoon of butter in a skillet over medium heat.
- ☐ Add the onion and garlic, and cook until lightly browned.
- ☐ Lay the pollock fillets in the skillet, and cook until golden on each side, about 5 minutes. When the fillets are starting to be done, break them into pieces with a fork or spatula.
- ☐ Add the remaining butter to the skillet, and stir in the escargot. Cook and stir for about 4 minutes. Escargot cooks fast like shrimp, so watch it.
- ☐ Remove from the heat, and season with parsley, oregano and basil. Top with a sprinkling of Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:34.56, Inflammation Score:-9, Nutrition Score:21.087391447114%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 706.33kcal (35.32%), Fat: 27.23g (41.89%), Saturated Fat: 16.07g (100.42%), Carbohydrates: 89.06g (29.69%), Net Carbohydrates: 84.81g (30.84%), Sugar: 3.84g (4.26%), Cholesterol: 91.25mg (30.42%), Sodium: 335.09mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.51%), Selenium: 88.06µg (125.8%), Manganese: 1.13mg (56.58%), Magnesium: 191.75mg (47.94%), Phosphorus: 404.73mg (40.47%), Copper: 0.55mg (27.36%), Vitamin K: 24µg (22.86%), Vitamin E: 3.41mg (22.75%), Iron: 3.66mg (20.36%), Vitamin A: 906.93IU (18.14%), Fiber: 4.25g (17%), Zinc: 2.47mg (16.48%), Potassium: 507.4mg (14.5%), Vitamin B6: 0.28mg (13.94%), Vitamin B3: 2.71mg (13.56%), Calcium: 109.74mg (10.97%), Vitamin B2: 0.17mg (10.02%), Vitamin B1: 0.12mg (8.2%), Folate: 31.08µg (7.77%), Vitamin B12: 0.38µg (6.34%), Vitamin B5: 0.58mg (5.8%), Vitamin C: 3.11mg (3.76%)