



Fettuccine with Brown Butter and Sage

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4.5 tablespoons butter
- 8.8 ounce eggs dried (such as De Cecco)
- 20 sage fresh stemmed
- 5 tablespoons parmesan cheese grated for serving
- 4.5 tablespoons chicken broth frozen thawed

Equipment

- bowl
- frying pan

paper towels

pot

Directions

Cook pasta in large pot of boiling salted water until tender, stirring occasionally.

Drain, reserving 1/2 cup cooking liquid.

Meanwhile, melt butter in heavy large skillet over medium-low heat.

Add sage leaves and cook until edges curl and butter is dark amber (do not burn), stirring and turning leaves occasionally, about 6 minutes.

Transfer sage to paper towels.

Add veal stock to brown butter.

Add pasta and 5 tablespoons grated Parmesan cheese to brown butter mixture in skillet; toss to coat, adding reserved cooking liquid by tablespoonfuls if dry. Season with salt and pepper. Divide among bowls.

Garnish with fried sage leaves, passing cheese alongside.

In this recipe, the brown butter isn't strained, but it is in the shortbread and the ice cream. Why? In some recipes, the milk solids are strained out of the brown butter to ensure a smooth texture. In others, the brown butter is strained because it will be cooked with other ingredients and the milk solids might burn.

Nutrition Facts

 PROTEIN **17.59%**  FAT **79.87%**  CARBS **2.54%**

Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:8.7934783151292%

Nutrients (% of daily need)

Calories: 231.42kcal (11.57%), Fat: 20.57g (31.64%), Saturated Fat: 11.05g (69.08%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.27g (0.3%), Cholesterol: 271.31mg (90.44%), Sodium: 304.28mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Copper: 0.67mg (33.55%), Selenium: 21.49µg (30.7%), Vitamin B2: 0.32mg (18.66%), Phosphorus: 172.03mg (17.2%), Vitamin A: 784.45IU (15.69%), Vitamin B12: 0.68µg (11.39%), Vitamin B5: 0.99mg (9.94%), Calcium: 95.96mg (9.6%), Vitamin D: 1.28µg (8.52%), Folate: 30.16µg (7.54%), Zinc: 1.11mg (7.4%), Vitamin E: 1.05mg (7.01%), Iron: 1.18mg (6.56%), Vitamin B6: 0.11mg

(5.66%), Potassium: 116.73mg (3.34%), Magnesium: 10.5mg (2.63%), Manganese: 0.04mg (2.15%), Vitamin B1: 0.03mg (1.87%), Vitamin B3: 0.29mg (1.45%), Vitamin K: 1.4µg (1.33%)