



Fettuccine with Brussels Sprouts and Pine Nuts

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 pound brussels sprouts trimmed
- ☐ 0.5 pound egg fettuccine dried
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings accompaniment: parmigiano-reggiano grated
- ☐ 3 tablespoons pinenuts
- ☐ 2 tablespoons butter unsalted

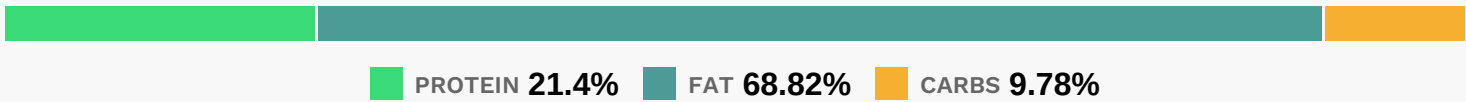
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

Directions

- ☐ Slice Brussels sprouts in a food processor fitted with slicing disk.
- ☐ Cook fettuccine in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente.
- ☐ Meanwhile, heat butter and oil in a large heavy skillet over medium heat until foam subsides, then cook pine nuts, stirring, until golden, 1 to 2 minutes.
- ☐ Add Brussels sprouts, 1/2 teaspoon salt, and 1/4 teaspoon pepper, then sauté over medium-high heat until tender and lightly browned, about 4 minutes.
- ☐ Reserve 1/2 cup pasta-cooking water, then drain pasta and add to skillet, tossing with enough reserved water to moisten.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:26.503913215969%

Flavonoids

Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg, Naringenin: 2.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 397.8kcal (19.89%), Fat: 31.2g (48.01%), Saturated Fat: 11.68g (73%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 6.46g (2.35%), Sugar: 2.59g (2.88%), Cholesterol: 246.37mg (82.12%), Sodium: 583.43mg (25.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.66%), Vitamin K: 159.96µg (152.35%), Vitamin C: 72.35mg (87.7%), Manganese: 0.97mg (48.45%), Calcium: 425.62mg (42.56%), Phosphorus: 423.95mg (42.4%),

Selenium: 25.64µg (36.63%), Vitamin A: 1358.85IU (27.18%), Vitamin B2: 0.45mg (26.74%), Vitamin E: 3.28mg (21.87%), Folate: 83.39µg (20.85%), Iron: 2.88mg (16.02%), Zinc: 2.4mg (16.02%), Vitamin B6: 0.32mg (15.86%), Magnesium: 58.53mg (14.63%), Vitamin B12: 0.88µg (14.61%), Fiber: 3.51g (14.04%), Potassium: 483.21mg (13.81%), Vitamin B5: 1.3mg (12.99%), Vitamin B1: 0.18mg (12.02%), Copper: 0.21mg (10.5%), Vitamin D: 1.39µg (9.26%), Vitamin B3: 1.09mg (5.45%)