



Fettuccine With Summer Vegetables and Goat Cheese

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces egg fettuccine dried
- 0.5 cup chives fresh chopped (1 small bunch)
- 4 ounces goat cheese crumbled soft
- 4 servings kosher salt
- 1 lemon zest finely grated
- 3 tablespoons olive oil extra-virgin
- 0.3 cup parmesan cheese grated

- 2 cups turtle beans trimmed halved lengthwise
- 1 small baby squash diced yellow finely
- 1 large tomatoes diced yellow seeded

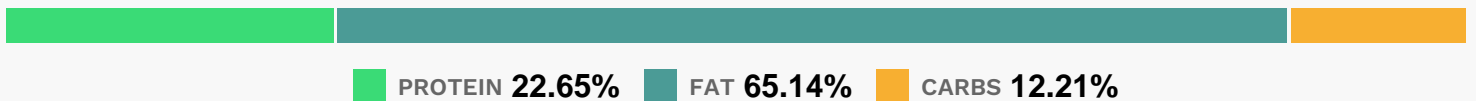
Equipment

- bowl
- pot

Directions

- Bring a large pot of salted water to a boil. Toss the tomato, squash, chives, lemon zest and 2 tablespoons olive oil in a large bowl. Season with salt.
- Sprinkle in half of the goat cheese.
- Add the pasta to the boiling water and cook as the label directs, adding the wax beans to the pot during the last 3 minutes of cooking. Reserve 1/4 cup of the cooking water, then drain the pasta and beans and add to the bowl with the vegetables.
- Drizzle with the reserved cooking water and the remaining 1 tablespoon olive oil and toss until the goat cheese begins to melt.
- Add the parmesan and toss. Divide among bowls and top with the remaining goat cheese.
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.84, Inflammation Score:-7, Nutrition Score:18.889565338259%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 365.14kcal (18.26%), Fat: 26.65g (40.99%), Saturated Fat: 9.23g (57.7%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 8.85g (3.22%), Sugar: 1.38g (1.53%), Cholesterol: 334.86mg (111.62%), Sodium: 536.46mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.69%), Folate: 176.12µg (44.03%), Vitamin C: 34.72mg (42.08%), Selenium: 29.21µg (41.72%), Phosphorus: 339.93mg (33.99%), Vitamin B2: 0.57mg (33.35%), Vitamin A: 1083.58IU (21.67%), Calcium: 207.09mg (20.71%), Iron: 3.61mg (20.07%), Copper: 0.38mg (18.94%), Vitamin K: 18.73µg (17.84%), Vitamin E: 2.54mg (16.92%), Vitamin B5: 1.58mg (15.84%), Vitamin B12: 0.9µg (14.92%), Zinc: 2.22mg (14.8%), Vitamin B6: 0.29mg (14.72%), Magnesium: 56.24mg (14.06%), Potassium: 478.75mg (13.68%), Vitamin D: 1.85µg (12.3%), Fiber: 2.38g (9.54%), Manganese: 0.13mg (6.43%), Vitamin B1: 0.07mg (4.97%), Vitamin B3: 0.38mg (1.88%)