



Fettuccine with Walnuts, Zucchini Ribbons, and Pecorino Romano

READY IN



45 min.

SERVINGS



6

CALORIES



596 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon anchovy fillets minced
- ☐ 1 teaspoon coarse kosher salt
- ☐ 1 pound fettuccine barilla
- ☐ 0.5 cup basil fresh packed thinly sliced ()
- ☐ 0.3 cup mint leaves fresh packed chopped ()
- ☐ 2 garlic cloves pressed
- ☐ 0.3 cup olive oil plus additional extra-virgin for serving
- ☐ 1 cup pecorino romano cheese divided freshly grated

- ☐ 0.5 teaspoon pepper dried red crushed (scant)
- ☐ 0.8 cup walnuts toasted coarsely chopped
- ☐ 2.5 pounds zucchini

Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ colander
- ☐ peeler

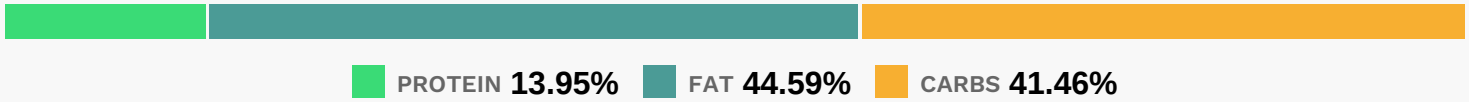
Directions

- ☐ Place 1 zucchini on work surface. Using vegetable peeler and firmly holding zucchini by stem end, shave zucchini lengthwise into long ribbons. Discard scraps. Repeat with remaining zucchini.
- ☐ Place ribbons (about 10 cups total) in large colander set over large bowl; sprinkle with 1 teaspoon fleur de sel.
- ☐ Let stand 30 minutes. Rinse zucchini under cold running water; drain well.
- ☐ Spread on 2 large kitchen towels; roll up in towels to absorb excess water. Set aside.
- ☐ Combine garlic, anchovy fillets, and crushed red pepper in very large serving bowl. Using pestle or wooden spoon, crush mixture until paste forms.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain, reserving 1/2 cup cooking liquid.
- ☐ Transfer pasta to bowl with garlic mixture.
- ☐ Add 1/3 cup oil and 1/4 cup reserved cooking liquid; toss.
- ☐ Add zucchini, walnuts, 1/2 cup cheese, basil, and mint; toss. Season with salt and pepper, adding more pasta cooking liquid if mixture is dry.
- ☐ Drizzle with additional oil.

- ☐
- Sprinkle with zucchini flowers, if desired.

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Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:23.68, Inflammation Score:-8, Nutrition Score:26.235652001008%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 595.62kcal (29.78%), Fat: 30.17g (46.41%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 63.11g (21.04%), Net Carbohydrates: 57.49g (20.9%), Sugar: 6.68g (7.42%), Cholesterol: 82.31mg (27.44%), Sodium: 625.24mg (27.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.24g (42.47%), Selenium: 64.17µg (91.67%), Manganese: 1.55mg (77.54%), Phosphorus: 440.09mg (44.01%), Vitamin C: 35.29mg (42.78%), Vitamin B6: 0.59mg (29.45%), Copper: 0.59mg (29.31%), Magnesium: 112.11mg (28.03%), Calcium: 262.8mg (26.28%), Vitamin K: 24.99µg (23.8%), Potassium: 790.04mg (22.57%), Fiber: 5.63g (22.5%), Folate: 86.58µg (21.64%), Vitamin B2: 0.34mg (20.28%), Zinc: 3.04mg (20.25%), Vitamin B1: 0.28mg (18.37%), Iron: 3.04mg (16.91%), Vitamin E: 2.47mg (16.46%), Vitamin B3: 3.04mg (15.19%), Vitamin A: 732.85IU (14.66%), Vitamin B5: 1.26mg (12.63%), Vitamin B12: 0.42µg (7.02%), Vitamin D: 0.31µg (2.07%)