



Fettuccini with Walnuts and Parsley

READY IN



25 min.

SERVINGS



4

CALORIES



663 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups arugula leaves packed
- ☐ 12 ounces fettucine whole-wheat
- ☐ 5 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper fresh black
- ☐ 0.5 cup chicken stock see low-sodium
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup parmesan grated
- ☐ 0.5 cup parsley leaves plus more for garnish chopped
- ☐ 0.5 teaspoon salt

☐ 0.7 cup walnuts toasted chopped for garnish

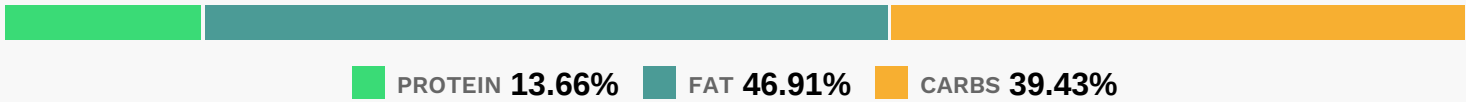
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Cook the pasta al dente according to package directions, then drain in a colander.
- ☐ Meanwhile, toast the walnuts in a small dry skillet over medium-high heat until fragrant, stirring frequently, 3 to 5 minutes.
- ☐ In the pot the pasta was cooked in, heat the olive oil over low heat, add the garlic stirring until soft and fragrant, 3 to 4 minutes (be careful not to burn it). Return the pasta to the pot, add the broth, all but 2 tablespoons of the walnuts, the parsley, salt and pepper and toss to combine, cooking over low heat for 1 to 2 minutes.
- ☐ Add 1/2 cup Parmesan and toss to combine. Arrange 1/2 cup of arugula leaves on each of 4 serving plates. Top each with about 2 cups of pasta.
- ☐ Sprinkle with remaining cheese, the reserved walnuts and more parsley.
- ☐ Serve hot.
- ☐ Excellent source of: Protein, Fiber, Vitamin A, Vitamin C, Vitamin K, Iron, Manganese
- ☐ Good source of: Folate, Copper, Magnesium, Calcium

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:26.39, Inflammation Score:-8, Nutrition Score:27.176521840303%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.61mg, Kaempferol:

3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 663.09kcal (33.15%), Fat: 35.16g (54.1%), Saturated Fat: 7.22g (45.11%), Carbohydrates: 66.48g (22.16%), Net Carbohydrates: 61.82g (22.48%), Sugar: 2.6g (2.89%), Cholesterol: 84.19mg (28.06%), Sodium: 626.02mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.09%), Vitamin K: 143.77µg (136.92%), Selenium: 72.78µg (103.97%), Manganese: 1.54mg (76.8%), Phosphorus: 427.09mg (42.71%), Copper: 0.62mg (30.86%), Calcium: 306.62mg (30.66%), Magnesium: 98.51mg (24.63%), Vitamin A: 1073.87IU (21.48%), Zinc: 2.96mg (19.7%), Fiber: 4.66g (18.65%), Vitamin B6: 0.37mg (18.49%), Iron: 3.18mg (17.65%), Vitamin E: 2.54mg (16.94%), Folate: 66.34µg (16.59%), Vitamin B1: 0.24mg (15.8%), Vitamin C: 12.9mg (15.63%), Vitamin B3: 2.62mg (13.09%), Potassium: 433.14mg (12.38%), Vitamin B2: 0.2mg (11.61%), Vitamin B5: 1.07mg (10.71%), Vitamin B12: 0.5µg (8.35%), Vitamin D: 0.35µg (2.33%)