



French in a Flash: Tagliatelle with Zucchini Flower Pistou

 Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



971 kcal

Ingredients

- ☐ 1 clove garlic
- ☐ 4 servings kosher salt
- ☐ 6 tablespoons olive oil
- ☐ 4 servings parmesan grated for serving
- ☐ 4 servings pepper black
- ☐ 1 pound tagliatelle fresh
- ☐ 12 walnut halves
- ☐ 14 large zucchini

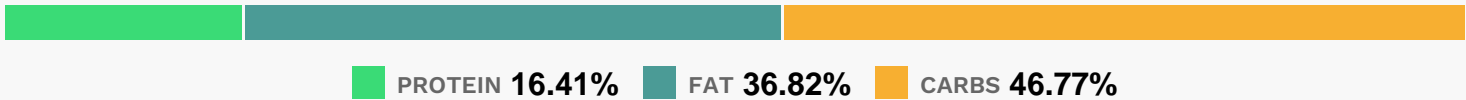
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Bring a large pot of water to boil, and salt the water. Separate the strands of pasta, and drop them into the water. Cook according to package instructions, careful not to overcook the pasta (it should take about 2 to 3 minutes to cook). Reserve a mug full of starchy pasta water, and drain the pasta.
- ☐ While the pasta is cooking, roughly chop the zucchini flowers, garlic, and walnuts.
- ☐ Put them in the food processor with the olive oil, and season with salt and pepper. Blitz until you have the smooth consistency of a pesto.
- ☐ Add the pistou and the tagliatelle back to the pot, and moisten with two spoonfuls of pasta water. Toss to coat the pasta in the pistou, adding more pasta water if needed.
- ☐ Serve right away, with grated good Parmesan to sprinkle on top.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:37.92, Inflammation Score:-10, Nutrition Score:58.716956076415%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 971.48kcal (48.57%), Fat: 41.32g (63.57%), Saturated Fat: 10.48g (65.49%), Carbohydrates: 118.08g (39.36%), Net Carbohydrates: 102.59g (37.3%), Sugar: 30.8g (34.22%), Cholesterol: 115.65mg (38.55%), Sodium: 789.33mg (34.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.43g (82.86%), Vitamin C: 202.67mg (245.66%), Manganese: 3.21mg (160.36%), Selenium: 98.77µg (141.11%), Vitamin B6: 2.16mg (107.84%), Potassium: 3285.94mg (93.88%), Phosphorus: 933.14mg (93.31%), Folate: 312.22µg (78.06%), Vitamin B2: 1.27mg (74.96%),

Magnesium: 292.3mg (73.08%), Fiber: 15.49g (61.96%), Vitamin K: 62.67µg (59.68%), Calcium: 583.78mg (58.38%),
Copper: 1.04mg (52.23%), Vitamin A: 2567.42IU (51.35%), Vitamin B1: 0.74mg (49.02%), Zinc: 6.82mg (45.44%),
Iron: 6.9mg (38.33%), Vitamin B3: 7.63mg (38.17%), Vitamin B5: 3.52mg (35.16%), Vitamin E: 4.91mg (32.73%),
Vitamin B12: 0.69µg (11.48%), Vitamin D: 0.49µg (3.27%)