



WHATSheATE



HEALTH SCORE

82%

Fresh Herb Fusilli



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



660 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoon almonds roughly chopped
- ☐ 1 teaspoon coarse salt plus more for pasta water and seasoning
- ☐ 0.3 cup fennel fronds fresh snipped very finely chopped
- ☐ 1 pound fusilli
- ☐ 2 cup herbs mixed fresh italian such as parsley, tarragon, thyme, sage, very finely chopped packed
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 4 servings lemon wedges
- ☐ 6 tablespoon olive oil extra-virgin

☐ 0.3 cup shallots minced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ mortar and pestle
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Fill a large pot with water and bring it to a boil over high heat.
- ☐ Add plenty of salt and then the pasta. Cook until the pasta is al dente according to package directions, about 7 minutes. Meanwhile, place the shallots onto your cutting board, along with 1-teaspoon salt. Using a mortar and pestle or the side of a chef's knife, crush the mixture into a paste. The grit of coarse salt will assist in the process. Alternatively you may use a blender or mini-food processor. Though I like the more varied and rustic texture that comes from doing it by hand.
- ☐ Transfer the shallots to a medium sized serving bowl. And add oil and lemon juice, whisking to combine. Next add the finely chopped herbs and fennel fronds and mix well. Taste and season with salt and pepper. When the pasta is cooked move it to the serving bowl with tongs. It is good that a little of the water comes with the pasta. You may need to add additional pasta water, but do not let it get soupy. Just enough liquid to help coat the pasta with the herb mixture.
- ☐ Garnish with lemon wedges and chopped almonds.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:35.1, Inflammation Score:-10, Nutrition Score:27.129130404928%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 64.66mg, Apigenin: 64.66mg, Apigenin: 64.66mg, Apigenin: 64.66mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 659.54kcal (32.98%), Fat: 25.48g (39.2%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 90.89g (30.3%), Net Carbohydrates: 84.96g (30.9%), Sugar: 5g (5.55%), Cholesterol: 0mg (0%), Sodium: 28.8mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.4%), Vitamin K: 508.29µg (484.08%), Selenium: 72.13µg (103.04%), Manganese: 1.26mg (62.82%), Vitamin C: 43.72mg (52.99%), Vitamin A: 2535.57IU (50.71%), Vitamin E: 4.7mg (31.32%), Phosphorus: 267.82mg (26.78%), Fiber: 5.92g (23.7%), Magnesium: 92.95mg (23.24%), Copper: 0.44mg (22.08%), Iron: 3.86mg (21.46%), Folate: 75.57µg (18.89%), Potassium: 533.08mg (15.23%), Zinc: 2.15mg (14.32%), Vitamin B3: 2.57mg (12.85%), Vitamin B6: 0.25mg (12.55%), Vitamin B1: 0.15mg (9.92%), Vitamin B2: 0.16mg (9.41%), Calcium: 87.53mg (8.75%), Vitamin B5: 0.69mg (6.95%)