



WHATSheATE



## Garden-Style Straw and Hay Pasta with Bagna Cauda Sauce

READY IN



540 min.

SERVINGS



6

CALORIES



749 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 ounce tins 4-ounce jar flat anchovy fillets drained canned
- ☐ 4 tablespoons butter
- ☐ 8 ounces egg pasta such as tagliatelle
- ☐ 0.3 cup evoo
- ☐ 0.3 cup flat-leaf parsley leaves fresh finely chopped
- ☐ 24 cloves bulbs hardneck garlic separated
- ☐ 1 pint heavy cream
- ☐ 8 ounces spinach pasta such as tagliatelle

- ☐ 6 servings pepper freshly ground
- ☐ 1 handfuls purple cauliflower assorted
- ☐ 6 servings sea salt

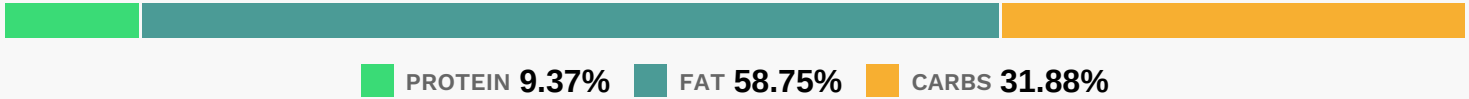
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve

## Directions

- ☐ Bring a small pot of water to a low boil, then add the garlic and simmer for 20 minutes.
- ☐ Let cool, then drain, peel and mash into a paste. Season with sea salt.
- ☐ Bring a few inches of water to a boil in a large pot and season with salt. Fill a large bowl with ice water.
- ☐ Cut the vegetables into similar shapes and sizes but keep them separate. Blanch the vegetables, one kind at a time, until tender-crisp. Delicate vegetables like thin beans will take 1 to 2 minutes, firmer vegetables like squash will take 3 minutes. After each batch, transfer them to the ice bath to cool using a spider or a small strainer.
- ☐ Drain well.
- ☐ Heat the EVOO in a small pot over medium heat.
- ☐ Add the anchovies and stir until they break down and melt into the oil.
- ☐ Add the heavy cream, butter and garlic paste, and season with salt and pepper. Cook, stirring, until thickened.
- ☐ Let the sauce cool, then transfer to an airtight container and refrigerate overnight (or longer).
- ☐ Bring a large pot of water to a boil for the pasta and season with salt.
- ☐ Add the pasta and cook until al dente, 7 to 8 minutes.
- ☐ Add the vegetables in the last 2 minutes of cooking to reheat them. Reheat the bagna cauda sauce in a saucepan over medium-low heat.
- ☐ Toss the pasta and vegetables with the sauce and the parsley. Season with salt and pepper.

# Nutrition Facts



## Properties

Glycemic Index:38.67, Glycemic Load:23.76, Inflammation Score:-8, Nutrition Score:20.968695723492%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 748.73kcal (37.44%), Fat: 49.39g (75.99%), Saturated Fat: 25.33g (158.3%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 57.47g (20.9%), Sugar: 3.88g (4.31%), Cholesterol: 184.02mg (61.34%), Sodium: 314.27mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.44%), Selenium: 70.64µg (100.92%), Vitamin K: 50.37µg (47.97%), Manganese: 0.88mg (43.93%), Vitamin A: 1661.43IU (33.23%), Phosphorus: 283.09mg (28.31%), Vitamin B3: 4.41mg (22.06%), Vitamin B6: 0.37mg (18.49%), Vitamin E: 2.66mg (17.7%), Vitamin B2: 0.28mg (16.69%), Copper: 0.31mg (15.72%), Magnesium: 61.77mg (15.44%), Zinc: 2.14mg (14.28%), Iron: 2.55mg (14.18%), Calcium: 134.39mg (13.44%), Vitamin B1: 0.18mg (12.1%), Fiber: 2.86g (11.43%), Potassium: 397.74mg (11.36%), Vitamin B5: 1.11mg (11.06%), Vitamin D: 1.49µg (9.92%), Vitamin C: 7.57mg (9.18%), Vitamin B12: 0.48µg (7.97%), Folate: 31.29µg (7.82%)