



Lemon Capellini with Caviar

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

745 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound capellini dried
- ☐ 150 grams very caviar black good
- ☐ 2 juice of lemon
- ☐ 1 teaspoon kosher salt
- ☐ 1 lemon zest for garnish
- ☐ 6 servings olive oil for cooking the pasta
- ☐ 0.5 pound butter unsalted melted
- ☐ 1 teaspoon pepper white freshly ground

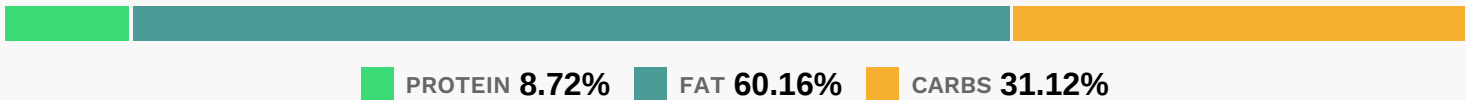
Equipment

☐ pot

Directions

- ☐ Drizzle some olive oil in a large pot of boiling salted water, add the capellini and cook al dente.
- ☐ Drain quickly, leaving a little water with the capellini. Quickly toss the capellini with the melted butter, lemon zest, lemon juice, salt and pepper.
- ☐ Place one serving of pasta on each plate and top with a large dollop of fresh caviar.
- ☐ Garnish with grated lemon zest.
- ☐ Serve immediately.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:22.69, Inflammation Score:-7, Nutrition Score:20.322174051534%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 744.91kcal (37.25%), Fat: 50.31g (77.4%), Saturated Fat: 22.58g (141.12%), Carbohydrates: 58.55g (19.52%), Net Carbohydrates: 55.91g (20.33%), Sugar: 2.33g (2.59%), Cholesterol: 228.27mg (76.09%), Sodium: 771.73mg (33.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.83%), Selenium: 64.56µg (92.23%), Vitamin B12: 5.06µg (84.4%), Manganese: 0.72mg (36.19%), Magnesium: 116.88mg (29.22%), Phosphorus: 242.46mg (24.25%), Vitamin A: 1171.96IU (23.44%), Vitamin E: 3.47mg (23.11%), Iron: 4.11mg (22.84%), Copper: 0.26mg (12.89%), Vitamin B2: 0.22mg (12.7%), Vitamin B5: 1.26mg (12.59%), Vitamin K: 11.3µg (10.76%), Fiber: 2.64g (10.57%), Vitamin B6: 0.2mg (9.76%), Calcium: 96.9mg (9.69%), Zinc: 1.35mg (9%), Vitamin D: 1.29µg (8.61%), Vitamin B1: 0.12mg (8.03%), Folate: 29.41µg (7.35%), Potassium: 235.27mg (6.72%), Vitamin B3: 1.34mg (6.72%), Vitamin C: 5.23mg

(6.34%)