



## Lemon Linguine

READY IN



22 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon butter melted
- 2 tablespoons freshly chives chopped
- 8 ounce carton cream sour
- 3 cloves garlic crushed
- 1 tablespoon juice of lemon fresh ()
- 1 lemon zest whole
- 1.8 teaspoons lemon-pepper seasoning
- 8 ounce pasta
- 1 tablespoon milk

- 0.3 cup onion minced
- 4 tablespoons parmesan divided freshly grated
- 2 tablespoons freshly parsley leaves chopped
- 0.3 teaspoon salt

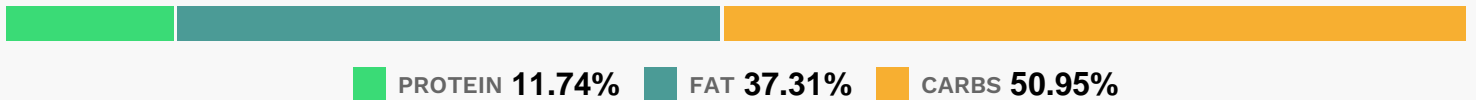
## Equipment

- frying pan

## Directions

- Cook linguini according to package directions.
- Drain and keep warm.
- In a skillet, cook onion or shallots and garlic in butter, stirring constantly until tender, not brown. Stir in sour cream, 2 tablespoons Parmesan, milk, lemon-pepper, salt, lemon juice and lemon zest. Cook for about 1 to 2 minutes.
- Remove from heat and pour over linguini. Toss gently, adding chopped parsley, chives, and remaining Parmesan.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:54.33, Glycemic Load:12.06, Inflammation Score:-5, Nutrition Score:8.673913039591%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 258.97kcal (12.95%), Fat: 10.8g (16.62%), Saturated Fat: 5.73g (35.82%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 31.3g (11.38%), Sugar: 3.38g (3.75%), Cholesterol: 29.89mg (9.96%), Sodium: 182.65mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.29%), Selenium: 26.49µg (37.84%), Vitamin K: 25.89µg (24.66%), Manganese: 0.49mg (24.31%), Phosphorus: 137.19mg (13.72%), Calcium: 102.47mg (10.25%), Vitamin A: 484.1IU (9.68%), Magnesium: 30.46mg (7.61%), Fiber: 1.89g (7.55%), Vitamin C: 6.21mg (7.53%), Copper: 0.14mg (7.15%), Vitamin B6: 0.13mg (6.68%), Vitamin B2: 0.11mg (6.46%), Potassium: 200.15mg (5.72%), Zinc: 0.85mg (5.66%), Iron: 0.86mg (4.75%), Folate: 16.58µg (4.14%), Vitamin B1: 0.06mg (3.8%), Vitamin B3: 0.76mg (3.79%), Vitamin B5: 0.38mg (3.78%), Vitamin B12: 0.14µg (2.28%), Vitamin E: 0.28mg (1.85%)