



Lemon Pepper Acini di Pepe

READY IN



20 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups acini di pepe (less than 1 pound)
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 2 tablespoons butter unsalted

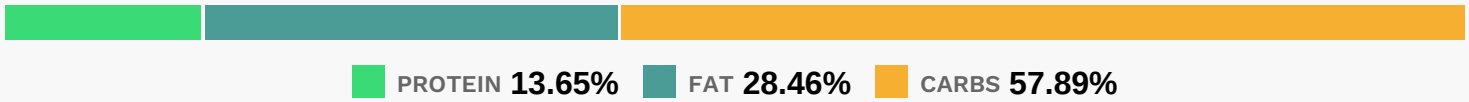
Equipment

- ☐ pot

Directions

- ☐
- Cook acini di pepe in a 4-quart pot of boiling salted water (2 teaspoons salt for 3 quart water) until al dente. Reserve 1 cup cooking water, then drain pasta.
- ☐
- Melt butter in same pot with oil.
- ☐
- Remove from heat and stir in pasta, cheese, zest, pepper, 1/2 teaspoon salt, and 1/2 cup cooking water (add more to moisten if necessary).

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:15.29, Inflammation Score:-1, Nutrition Score:2.6560869443676%

Nutrients (% of daily need)

Calories: 288.09kcal (14.4%), Fat: 9.3g (14.32%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 40.4g (14.69%), Sugar: 2.1g (2.33%), Cholesterol: 15.7mg (5.23%), Sodium: 134.19mg (5.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.08%), Iron: 1.96mg (10.88%), Calcium: 102.63mg (10.26%), Fiber: 2.17g (8.69%), Phosphorus: 59.6mg (5.96%), Vitamin A: 184.03IU (3.68%), Vitamin E: 0.47mg (3.12%), Selenium: 1.95µg (2.78%), Vitamin K: 2.42µg (2.3%), Manganese: 0.04mg (2.22%), Vitamin B12: 0.11µg (1.8%), Vitamin B2: 0.03mg (1.8%), Zinc: 0.24mg (1.6%), Vitamin C: 1.29mg (1.56%), Magnesium: 4.48mg (1.12%)