



Linguine alla Genovese

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



975 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tbsp olive oil extra virgin
- ☐ 200 g green beans boiling for 2 minutes in water
- ☐ 500 g pasta
- ☐ 200 ml pesto
- ☐ 400 g charlotte potatoes cooked sliced
- ☐ 4 servings grinding of salt and pepper good
- ☐ 125 ml single cream
- ☐ 250 ml water

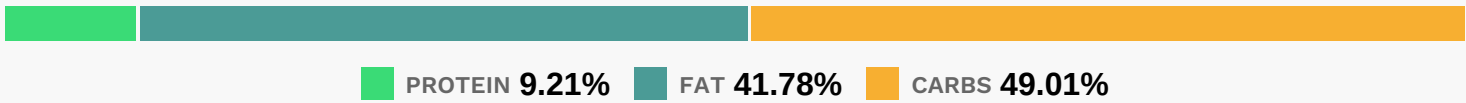
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Bring a large pan of salted water to the boil for the pasta.
- ☐ Heat oil in a frying pan or wok.
- ☐ Add the sliced potatoes and cook for a few minutes until golden. Stir in the beans, cream water and pesto. Gently bring the sauce to the boil. Season, then reduce the heat and simmer for 2 minutes.
- ☐ Cook the linguine according to the packet instructions until al dente, then drain.
- ☐ Pour the linguine into the sauce and cook for a couple of minutes.
- ☐ Serve and enjoy.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:51.29, Inflammation Score:-9, Nutrition Score:25.111739137898%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 975.02kcal (48.75%), Fat: 45.24g (69.6%), Saturated Fat: 11.79g (73.68%), Carbohydrates: 119.42g (39.81%), Net Carbohydrates: 111.03g (40.38%), Sugar: 7.46g (8.29%), Cholesterol: 39.23mg (13.08%), Sodium: 714.48mg (31.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.87%), Selenium: 79.76µg (113.94%), Manganese: 1.41mg (70.4%), Vitamin A: 1723.41IU (34.47%), Fiber: 8.39g (33.55%), Phosphorus: 331.51mg (33.15%), Vitamin C: 25.99mg (31.5%), Vitamin K: 32.81µg (31.24%), Vitamin B6: 0.55mg (27.59%), Magnesium: 104.59mg (26.15%), Copper: 0.52mg (25.81%), Potassium: 836.05mg (23.89%), Iron: 3.31mg (18.41%), Vitamin B3:

3.56mg (17.8%), Vitamin E: 2.65mg (17.64%), Calcium: 165.05mg (16.51%), Vitamin B1: 0.24mg (16.07%), Zinc: 2.26mg (15.05%), Folate: 56.26µg (14.07%), Vitamin B2: 0.2mg (11.67%), Vitamin B5: 1.03mg (10.29%), Vitamin D: 0.19µg (1.26%), Vitamin B12: 0.06µg (1.05%)