

health-score 74%

HEALTH SCORE

Linguine Alle Noci (Linguine with Walnut Sauce)

Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

845 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup breadcrumbs hard toasted
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 pound pasta
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parsley italian roughly chopped
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 1 tablespoon pepper flakes red hot

☐ 1 cup walnuts roughly chopped

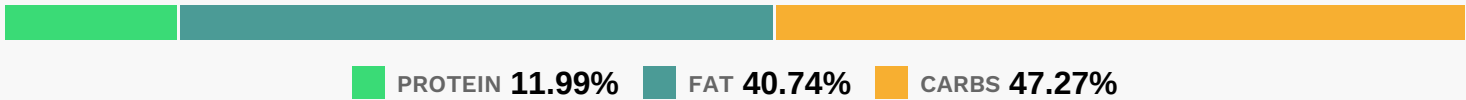
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons kosher salt.
- ☐ In a 14- to 16-inch fry pan, heat the oil over medium heat until smoking.
- ☐ Add the garlic and cook until light golden brown, 2 to 3 minutes.
- ☐ Add half of the breadcrumbs, the walnuts, and pepper flakes and cook until lightly toasted, 3 to 4 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Drop the pasta into the boiling water and cook according to the package instructions until 1 minute short of al dente. Just before draining the pasta, add 1/4 cup of the pasta cooking water to the pan with the walnut mixture.
- ☐ Drain the pasta in a colander and pour the pasta into the pan with the walnut mixture.
- ☐ Place the pan over medium heat and continue cooking the pasta with the walnut mixture until the pasta is lightly dressed with the condiment, about 1 minute.
- ☐ Add the parsley and grated cheese, stir through, pour into a heated bowl, sprinkle with the remaining breadcrumbs, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:34.85, Inflammation Score:-9, Nutrition Score:30.289565041013%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 844.73kcal (42.24%), Fat: 38.72g (59.57%), Saturated Fat: 6.33g (39.58%), Carbohydrates: 101.07g (33.69%), Net Carbohydrates: 93.88g (34.14%), Sugar: 4.95g (5.5%), Cholesterol: 13mg (4.33%), Sodium: 293.86mg (12.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.29%), Vitamin K: 135.35µg (128.9%), Selenium: 79.05µg (112.93%), Manganese: 2.25mg (112.43%), Phosphorus: 446.59mg (44.66%), Copper: 0.87mg (43.44%), Magnesium: 124.54mg (31.13%), Fiber: 7.19g (28.75%), Vitamin A: 1282.73IU (25.65%), Vitamin B1: 0.35mg (23.53%), Calcium: 231.34mg (23.13%), Iron: 4mg (22.21%), Zinc: 3.21mg (21.42%), Vitamin B6: 0.42mg (21.08%), Vitamin E: 3.13mg (20.89%), Folate: 76.42µg (19.11%), Vitamin B3: 3.51mg (17.53%), Potassium: 508.79mg (14.54%), Vitamin B2: 0.24mg (14.19%), Vitamin C: 11.07mg (13.42%), Vitamin B5: 0.84mg (8.44%), Vitamin B12: 0.19µg (3.12%)