

Linguine Marvini

READY IN



20 min.

SERVINGS



6

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 sprigs several basil fresh (14 leaves)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter cut in small pieces
- ☐ 20 cloves garlic peeled thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 pound pasta thin
- ☐ 3 tablespoons olive oil
- ☐ 6 tablespoons parmesan freshly grated

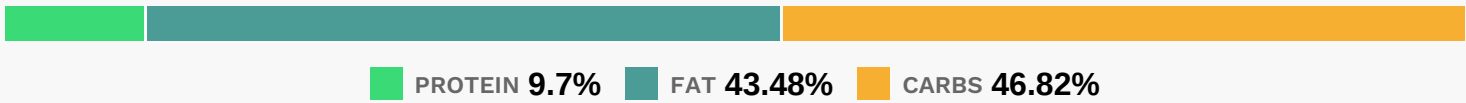
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large pot, bring 6 quarts of water to a boil. Meanwhile, heat the oil in a large saucepan over medium heat.
- ☐ Add the garlic and saute until golden brown, about 2 minutes. Reduce heat to low and stir in the butter, lemon juice, salt, pepper, and 3 tablespoons of the Parmesan.
- ☐ Remove from heat.
- ☐ Add all but one sprig of the basil. Cover and let stand. Meanwhile, cook the linguine according to the package directions. Toss the warm linguine with the Marvini sauce.
- ☐ Sprinkle with the remaining Parmesan and garnish with the basil.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:23.68, Inflammation Score:-5, Nutrition Score:11.975652121331%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 513.32kcal (25.67%), Fat: 24.84g (38.21%), Saturated Fat: 11.73g (73.31%), Carbohydrates: 60.17g (20.06%), Net Carbohydrates: 57.5g (20.91%), Sugar: 2.23g (2.48%), Cholesterol: 44.07mg (14.69%), Sodium: 595.75mg (25.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.47g (24.94%), Selenium: 50.52µg (72.17%), Manganese: 0.88mg (43.86%), Phosphorus: 197.94mg (19.79%), Copper: 0.25mg (12.65%), Vitamin B6: 0.24mg (11.92%), Magnesium: 45.66mg (11.42%), Fiber: 2.66g (10.65%), Vitamin A: 530.87IU (10.62%), Vitamin E: 1.56mg

(10.38%), Calcium: 99.13mg (9.91%), Zinc: 1.34mg (8.95%), Vitamin K: 7.39µg (7.04%), Iron: 1.26mg (7%), Vitamin B3: 1.38mg (6.91%), Potassium: 222.64mg (6.36%), Vitamin B1: 0.09mg (6.12%), Vitamin C: 4.15mg (5.03%), Vitamin B2: 0.08mg (4.72%), Vitamin B5: 0.43mg (4.34%), Folate: 15.57µg (3.89%), Vitamin B12: 0.09µg (1.54%)