



Linguine Verde

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup basil leaves fresh loosely packed sliced
- ☐ 0.5 teaspoon ground pepper
- ☐ 8 ounces pasta uncooked
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 large plum tomatoes cut into 8 wedges
- ☐ 0.3 teaspoon salt
- ☐ 3 cups spinach leaves loosely packed
- ☐ 2 cups watercress trimmed

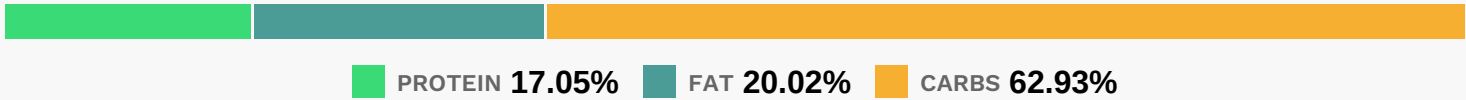
Equipment

☐ bowl

Directions

- ☐ Cook linguine according to package directions, omitting salt and fat. Set aside, and keep warm.
- ☐ Combine spinach and next 5 ingredients in a large bowl; toss well.
- ☐ Add linguine to spinach mixture; sprinkle with Parmesan cheese and pepper, tossing well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:8.77, Inflammation Score:-8, Nutrition Score:11.543913077401%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 147.47kcal (7.37%), Fat: 3.28g (5.05%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 21.75g (7.91%), Sugar: 1.24g (1.38%), Cholesterol: 5.44mg (1.81%), Sodium: 197.03mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.57%), Vitamin K: 87.09µg (82.94%), Vitamin A: 1628.7IU (32.57%), Selenium: 20.31µg (29.01%), Manganese: 0.45mg (22.33%), Vitamin C: 9.34mg (11.33%), Phosphorus: 109mg (10.9%), Calcium: 88.68mg (8.87%), Folate: 31.94µg (7.99%), Magnesium: 31.25mg (7.81%), Copper: 0.13mg (6.26%), Potassium: 210.6mg (6.02%), Fiber: 1.45g (5.8%), Zinc: 0.79mg (5.24%), Iron: 0.85mg (4.72%), Vitamin B6: 0.09mg (4.72%), Vitamin B2: 0.07mg (4.41%), Vitamin E: 0.62mg (4.16%), Vitamin B3: 0.7mg (3.5%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.2mg (1.96%), Vitamin B12: 0.08µg (1.41%)