



Linguine with Arugula and Sun-Dried Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups arugula trimmed chopped
- ☐ 1 ounce asiago cheese grated
- ☐ 4 cups pasta hot cooked uncooked (8 ounces pasta)
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion thinly sliced

- ☐ 0.3 cup sun-dried tomatoes packed chopped
- ☐ 0.5 cup vegetable broth canned

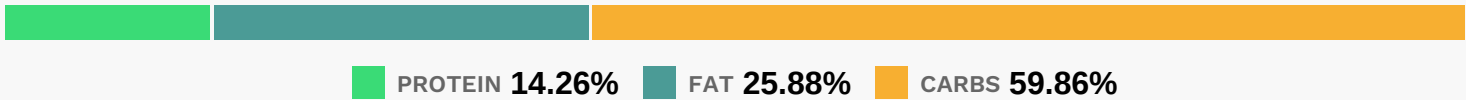
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and saut 4 minutes or until tender.
- ☐ Add arugula, broth, sun-dried tomatoes, pepper, and garlic, and cook 3 minutes.
- ☐ Add linguine, and cook 2 minutes or until thoroughly heated.
- ☐ Sprinkle with cheese; toss well.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:22.95, Inflammation Score:-7, Nutrition Score:14.120434682654%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg, Kaempferol: 5.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

Nutrients (% of daily need)

Calories: 366.66kcal (18.33%), Fat: 10.64g (16.37%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 55.39g (18.46%), Net Carbohydrates: 50.63g (18.41%), Sugar: 6.61g (7.34%), Cholesterol: 4.82mg (1.61%), Sodium: 248.42mg (10.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.38%), Selenium: 40.86µg (58.37%), Manganese: 0.77mg (38.37%), Vitamin K: 25.01µg (23.82%), Fiber: 4.76g (19.03%), Phosphorus: 188.35mg (18.83%), Iron: 3.13mg (17.41%), Copper: 0.31mg (15.49%), Magnesium: 58.81mg (14.7%), Potassium: 509.61mg (14.56%), Calcium: 140.5mg (14.05%), Vitamin A: 658.95IU (13.18%), Vitamin C: 9.46mg (11.47%), Folate: 39.34µg (9.83%), Vitamin B6: 0.19mg (9.58%), Zinc: 1.28mg (8.53%), Vitamin E: 1.26mg (8.4%), Vitamin B3: 1.55mg (7.77%), Vitamin B2: 0.13mg (7.35%), Vitamin B1: 0.11mg (7.27%), Vitamin B5: 0.51mg (5.1%), Vitamin B12: 0.09µg (1.42%)