



Linguine with Brussel Sprouts Barigoule

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



522 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pounds brussels sprouts trimmed
- ☐ 0.7 cup cooking wine dry white
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 teaspoon thyme leaves fresh divided
- ☐ 4 garlic cloves finely chopped
- ☐ 2 leeks white green (and pale parts)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 pounds pasta dried

- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 6 servings accompaniments: olive oil extra-virgin grated for drizzling; parmesan
- ☐ 0.8 pound savoy cabbage cored sliced (head)
- ☐ 3 tablespoons butter unsalted divided
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Reserve a few outer layers of leaves from Brussels sprouts. Quarter Brussels sprouts lengthwise. Thinly slice leeks, then wash.
- ☐ Cook leeks and cabbage in 2 tablespoons oil and 2 tablespoon butter with 1/4 teaspoon each of salt and pepper in a 12-inch heavy skillet (preferably with straight sides) over medium heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Add wine and simmer until most of liquid has evaporated, 2 to 3 minutes.
- ☐ Add water, lemon juice, 1/2 teaspoon thyme, and remaining tablespoon each of oil and butter. Simmer briskly, covered, until cabbage is tender and liquid is reduced by half, about 15 minutes. Stir in Brussels sprouts and leaves and simmer, covered, stirring occasionally, until tender, about 5 minutes.
- ☐ Cook linguine in a pasta pot of boiling salted water (3 tablespoons salt for 6 quart water) until almost al dente. Reserve 2 cups pasta-cooking water, then drain pasta.
- ☐ Stir linguine into vegetables with reserved cooking water and 1/4 teaspoon each of salt and pepper. Simmer until pasta is al dente, 2 to 3 minutes.
- ☐ Remove from heat and toss with parsley, remaining 1/2 teaspoon thyme, and salt to taste.
- ☐ Serve pasta in shallow bowls with some of broth.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:19.69, Inflammation Score:-9, Nutrition Score:23.053043215819%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Apigenin: 5.8mg, Apigenin: 5.8mg, Apigenin: 5.8mg, Apigenin: 5.8mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 522.48kcal (26.12%), Fat: 27.83g (42.82%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 49.44g (17.98%), Sugar: 5.15g (5.73%), Cholesterol: 15.05mg (5.02%), Sodium: 46.87mg (2.04%), Alcohol: 2.75g (100%), Alcohol %: 0.87% (100%), Protein: 10.56g (21.11%), Vitamin K: 174.19µg (165.89%), Vitamin C: 58.72mg (71.17%), Selenium: 37.63µg (53.76%), Manganese: 0.97mg (48.35%), Vitamin A: 1748.24IU (34.96%), Vitamin E: 3.97mg (26.5%), Folate: 102.6µg (25.65%), Fiber: 5.72g (22.88%), Vitamin B6: 0.38mg (19.15%), Phosphorus: 178.98mg (17.9%), Magnesium: 69.74mg (17.44%), Copper: 0.3mg (15.02%), Potassium: 504.58mg (14.42%), Iron: 2.56mg (14.2%), Vitamin B1: 0.17mg (11.31%), Zinc: 1.26mg (8.39%), Calcium: 82.72mg (8.27%), Vitamin B3: 1.62mg (8.11%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.56mg (5.55%)