 **81%**  
HEALTH SCORE

## Linguine with Cauliflower, Garlic, and Bread Crumbs

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



907 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon anchovy paste
- 1 cup bread crumbs fresh
- 2.5 pounds cauliflower cut into small florets
- 6 tablespoons parsley fresh chopped
- 6 cloves garlic minced
- 1 pound pasta
- 8 tablespoons olive oil

- 0.5 cup parmesan grated plus more for serving
- 0.5 teaspoon red-pepper flakes dried
- 1 teaspoon salt

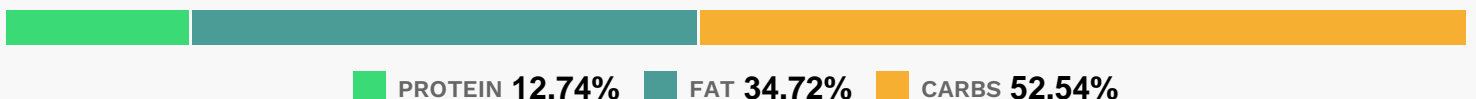
## Equipment

- frying pan
- oven
- pot

## Directions

- In a large frying pan, heat 4 tablespoons of the oil over moderate heat.
- Add the bread crumbs and cook, stirring, until golden, about 5 minutes.
- Remove. Wipe out the pan.
- Heat the remaining 4 tablespoons oil in the same pan over moderately low heat.
- Add the garlic, parsley, and red-pepper flakes. Cook, stirring, for 1 minute. Stir in the anchovy paste.
- Remove from the heat.
- In a large pot of boiling, salted water, cook the linguine until almost done, about 8 minutes.
- Add the cauliflower and bring back to a boil. Cook until the cauliflower and pasta are just done, about 4 minutes longer.
- Drain. Toss with the garlic mixture, salt, bread crumbs, and Parmesan. Top with additional Parmesan.
- Add a handful each of raisins and pine nuts at the same time as the garlic, parsley, and red-pepper flakes.: Use four chopped anchovy fillets instead of the anchovy paste.
- Wine Recommendation: Red wine, if it's simple and crisp, makes an intriguing choice for this dish. A touch of earthiness, such as you'll find in a basic Chianti, helps to tie the wine and food flavors together.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:37.32, Inflammation Score:-9, Nutrition Score:39.72695648411%

## Flavonoids

Apigenin: 13.04mg, Apigenin: 13.04mg, Apigenin: 13.04mg, Apigenin: 13.04mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

## Nutrients (% of daily need)

Calories: 907.47kcal (45.37%), Fat: 35.42g (54.49%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 120.59g (40.2%), Net Carbohydrates: 109.7g (39.89%), Sugar: 10.33g (11.48%), Cholesterol: 9.77mg (3.26%), Sodium: 1134.95mg (49.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.24g (58.47%), Vitamin C: 146.03mg (177.01%), Vitamin K: 161.83µg (154.12%), Selenium: 84.7µg (121.01%), Manganese: 1.82mg (91.1%), Folate: 221.29µg (55.32%), Phosphorus: 485.26mg (48.53%), Fiber: 10.89g (43.57%), Vitamin B6: 0.8mg (39.81%), Potassium: 1229.67mg (35.13%), Vitamin B1: 0.53mg (35.05%), Magnesium: 125.28mg (31.32%), Vitamin E: 4.63mg (30.84%), Calcium: 304.96mg (30.5%), Vitamin B3: 5.63mg (28.14%), Copper: 0.54mg (27.08%), Iron: 4.79mg (26.64%), Vitamin B5: 2.65mg (26.52%), Vitamin B2: 0.41mg (23.95%), Zinc: 3.26mg (21.77%), Vitamin A: 678.2IU (13.56%), Vitamin B12: 0.26µg (4.3%)