



Linguine with Cauliflower, Pine Nuts, and Currants

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons butter
- 2.5 pounds cauliflower cut into small florets
- 0.5 cup currants
- 3 tablespoons flat-leaf parsley chopped
- 4 cloves garlic minced
- 0.8 pound pasta
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated plus more for serving

- 0.3 cup pinenuts
- 0.3 teaspoon red-pepper flakes dried
- 0.8 teaspoon salt
- 0.5 cup water

Equipment

- frying pan
- oven
- pot

Directions

- Heat the oven to 35
- Toast the pine nuts until golden brown, about 8 minutes.
- Put the cauliflower in a large frying pan.
- Add the currants, water, and 1/4 teaspoon of the salt. Bring to a simmer over moderate heat and cook, covered, until the cauliflower is almost tender, about 3 minutes.
- Remove the mixture from the pan.
- Put the butter in the pan and cook over moderate heat, stirring, until the butter is golden brown, about 3 minutes.
- Add the cauliflower mixture, the oil, garlic, red-pepper flakes, and the remaining 1/2 teaspoon salt and cook, stirring, for 1 minute.
- In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes. Reserve 3/4 cup of the pasta water.
- Drain the linguine and toss with 1/2 cup of the reserved pasta water, the cauliflower mixture, pine nuts, Parmesan, and parsley. If the pasta seems dry, add more of the reserved pasta water.
- Serve with additional Parmesan.
- Wine Recommendation: The nuts and fruit, together with the assertive flavor of the cauliflower, are best with an acidic white wine. A bottle of Arneis or vernaccia from Italy, or alternatively a reasonably priced sparkling wine from California, would be a good choice.

Nutrition Facts

PROTEIN 10.71% FAT 40.88% CARBS 48.41%

Properties

Glycemic Index:52.75, Glycemic Load:31.81, Inflammation Score:-9, Nutrition Score:35.896521566355%

Flavonoids

Apigenin: 6.56mg, Apigenin: 6.56mg, Apigenin: 6.56mg, Apigenin: 6.56mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 758.98kcal (37.95%), Fat: 35.65g (54.85%), Saturated Fat: 13.91g (86.93%), Carbohydrates: 94.96g (31.65%), Net Carbohydrates: 85.16g (30.97%), Sugar: 19.38g (21.54%), Cholesterol: 50.59mg (16.86%), Sodium: 784.41mg (34.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.03%), Vitamin C: 142.51mg (172.74%), Manganese: 2.36mg (117.87%), Vitamin K: 105.86µg (100.82%), Selenium: 58.51µg (83.59%), Folate: 188.22µg (47.05%), Phosphorus: 419.36mg (41.94%), Fiber: 9.81g (39.22%), Vitamin B6: 0.75mg (37.72%), Potassium: 1292.12mg (36.92%), Magnesium: 127.67mg (31.92%), Copper: 0.58mg (29.04%), Vitamin B5: 2.38mg (23.75%), Zinc: 3.12mg (20.82%), Vitamin B1: 0.3mg (19.98%), Iron: 3.59mg (19.95%), Vitamin E: 2.99mg (19.93%), Vitamin B3: 3.76mg (18.79%), Vitamin B2: 0.31mg (18.14%), Vitamin A: 885.31IU (17.71%), Calcium: 169.37mg (16.94%), Vitamin B12: 0.12µg (2%)