



Linguine with Crema di Noci

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 garlic cloves peeled halved
- ☐ 8 ounces pasta uncooked
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.3 cup romano cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnut halves

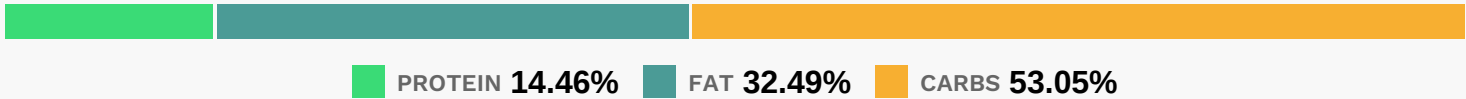
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, place walnuts in a single layer on a baking sheet.
- ☐ Bake at 350 for 8 minutes or until toasted.
- ☐ Place 1/3 cup hot walnuts, salt, and garlic in a food processor; process until nuts are finely ground. Microwave milk at HIGH 1 minute or until hot.
- ☐ Add hot milk to food processor; process until smooth. Chop remaining walnuts.
- ☐ Drain pasta, reserving 1/4 cup pasta water.
- ☐ Combine pasta, walnut cream, chopped walnuts, and pepper in a bowl; toss to coat. If necessary, add reserved pasta water, 1 tablespoon at a time, to thin walnut cream.
- ☐ Sprinkle with Romano cheese.
- ☐ Serve immediately.
- ☐ Crema di noci (KREH-mah dee NOH-chee) means "cream of walnut." Toasted walnuts are pured into butter as a base for this pasta sauce.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:17.44, Inflammation Score:-4, Nutrition Score:11.603478271676%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

0.03mg

Nutrients (% of daily need)

Calories: 347.49kcal (17.37%), Fat: 12.67g (19.49%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 43.7g (15.89%), Sugar: 3.45g (3.83%), Cholesterol: 8.86mg (2.95%), Sodium: 383.52mg (16.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.37%), Selenium: 38.41µg (54.88%), Manganese: 1.07mg (53.32%), Phosphorus: 234.9mg (23.49%), Copper: 0.41mg (20.32%), Magnesium: 59.56mg (14.89%), Calcium: 131.59mg (13.16%), Fiber: 2.86g (11.43%), Zinc: 1.57mg (10.49%), Vitamin B6: 0.19mg (9.73%), Vitamin B2: 0.14mg (7.97%), Vitamin B1: 0.12mg (7.86%), Potassium: 245.35mg (7.01%), Iron: 1.26mg (6.98%), Folate: 26.52µg (6.63%), Vitamin B3: 1.17mg (5.86%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.19mg (1.27%), Vitamin A: 59.77IU (1.2%)