



Linguine with Goat Cheese and Fennel

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups pasta hot cooked uncooked (10 ounces pasta)
- ☐ 1 cup fennel bulb thinly sliced (1 small bulb)
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 3 ounces goat cheese crumbled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup sun-dried tomatoes packed

☐ 1 cup water boiling

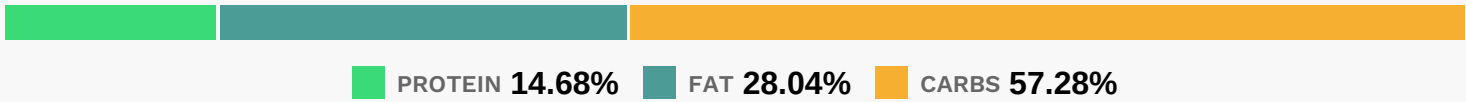
Equipment

☐ bowl

Directions

- ☐ Combine boiling water and sun-dried tomatoes in a bowl; let stand 15 minutes.
- ☐ Drain and chop.
- ☐ Combine tomatoes, parsley, basil, oil, juice, and cheese in a large bowl.
- ☐ Add linguine and fennel; toss well.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:26.9, Inflammation Score:-7, Nutrition Score:17.726087020791%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 431.39kcal (21.57%), Fat: 13.46g (20.71%), Saturated Fat: 4.44g (27.75%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 56.95g (20.71%), Sugar: 4.77g (5.31%), Cholesterol: 9.78mg (3.26%), Sodium: 104.02mg (4.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Vitamin K: 88.94µg (84.7%), Selenium: 48.99µg (69.98%), Manganese: 0.8mg (39.85%), Copper: 0.47mg (23.51%), Iron: 3.83mg (21.28%), Phosphorus: 198.22mg (19.82%), Fiber: 4.94g (19.77%), Vitamin C: 12.01mg (14.56%), Magnesium: 56.71mg (14.18%), Vitamin A: 704.12IU (14.08%), Potassium: 440.27mg (12.58%), Vitamin B2: 0.16mg (9.59%), Vitamin B6: 0.18mg (9.12%), Zinc: 1.36mg (9.07%), Vitamin E: 1.33mg (8.85%), Folate: 33.26µg (8.31%), Vitamin B3: 1.64mg (8.22%), Calcium: 70.57mg (7.06%), Vitamin B1: 0.09mg (6.28%), Vitamin B5: 0.56mg (5.65%)