



Linguine With Green Beans and Walnut Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 pound green beans trimmed cut into 2-inch pieces
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 9 ounce pasta refrigerated
- ☐ 1 tablespoon olive oil

- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons walnuts chopped

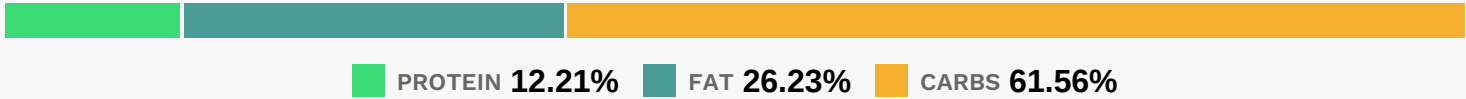
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook green beans in a Dutch oven in boiling water to cover 1 minute or until crisp-tender.
- ☐ Add pasta, and cook 4 more minutes.
- ☐ Drain and rinse with cold water. Set aside.
- ☐ Melt butter with oil in a large skillet over medium heat; add walnuts, and cook, stirring occasionally, 5 minutes or until golden.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add parsley and next 3 ingredients, stirring until thoroughly heated.
- ☐ Pour sauce over linguine mixture, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:14.37, Inflammation Score:-7, Nutrition Score:13.483043466249%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 243.42kcal (12.17%), Fat: 7.24g (11.14%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 34.45g (12.53%), Sugar: 3.87g (4.3%), Cholesterol: 5.02mg (1.67%), Sodium: 314.46mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin K: 75.22µg (71.63%), Selenium: 27.6µg (39.43%), Manganese: 0.68mg (34.04%), Vitamin C: 15.54mg (18.84%), Vitamin A: 791.89IU (15.84%), Fiber: 3.8g (15.22%), Phosphorus: 123.89mg (12.39%), Magnesium: 48.53mg (12.13%), Copper: 0.23mg (11.75%), Folate: 40.84µg (10.21%), Vitamin B6: 0.2mg (9.84%), Iron: 1.62mg (8.99%), Potassium: 291.76mg (8.34%), Vitamin B1: 0.12mg (7.77%), Vitamin B3: 1.36mg (6.8%), Vitamin B2: 0.11mg (6.72%), Zinc: 0.92mg (6.16%), Vitamin E: 0.8mg (5.32%), Calcium: 46.48mg (4.65%), Vitamin B5: 0.4mg (3.97%)