



Linguine with Gremolada



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 4 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1.5 teaspoons juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 pound pasta
- ☐ 0.5 cup olive oil
- ☐ 2 teaspoons orange zest grated

☐ 0.8 teaspoon salt

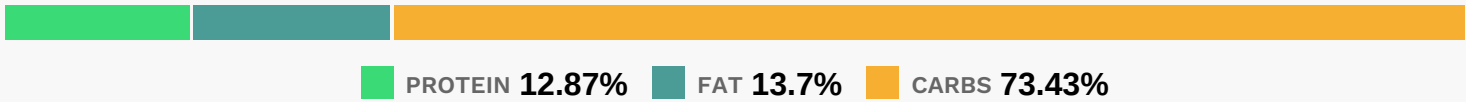
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a small glass or stainless-steel bowl, mix together the grated lemon and orange zests, the garlic, parsley, lemon juice, salt, pepper, and olive oil.
- ☐ In a large pot of boiling, salted water, cook the linguine until just done, about 12 minutes.
- ☐ Drain and toss with the sauce.
- ☐ Variations: Linguine with Gremolada and Crab: Toss 1/2 pound of lump crabmeat, picked free of any shell, with the linguine and the gremolada.
- ☐ Add 1/2 pound of peeled uncooked medium shrimp to the pasta during the last 1 minute of cooking time.
- ☐ Linguine with Gremolada and Scallops: Season 1/2 pound of sea scallops with salt and pepper.
- ☐ Heat 1 tablespoon of cooking oil in a large, nonstick frying pan over moderately high heat and cook the scallops for 1 to 2 minutes per side. Top the pasta with the scallops.
- ☐ Wine Recommendation: The acidity in this dish will pair well with a light, simple white wine. Among the many good choices are vinho verde from Portugal and fendant from Switzerland.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:34.38, Inflammation Score:-6, Nutrition Score:18.148260945859%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin:

0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 476.88kcal (23.84%), Fat: 7.18g (11.05%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 86.6g (28.87%), Net Carbohydrates: 82.5g (30%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 446.38mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.35%), Selenium: 72.12µg (103.04%), Vitamin K: 85.62µg (81.54%), Manganese: 1.12mg (55.77%), Phosphorus: 222.49mg (22.25%), Copper: 0.35mg (17.41%), Fiber: 4.11g (16.42%), Magnesium: 64.06mg (16.01%), Vitamin C: 10.96mg (13.29%), Zinc: 1.7mg (11.31%), Iron: 1.9mg (10.55%), Vitamin B6: 0.21mg (10.37%), Vitamin B3: 2.03mg (10.15%), Potassium: 300.06mg (8.57%), Vitamin A: 426.97IU (8.54%), Vitamin B1: 0.11mg (7.65%), Folate: 28.93µg (7.23%), Vitamin E: 0.95mg (6.34%), Vitamin B5: 0.54mg (5.39%), Vitamin B2: 0.08mg (4.61%), Calcium: 40.08mg (4.01%)