



 **64%**
HEALTH SCORE

Linguine with Onion Confit, Goat Cheese, and Walnuts

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 ounce chèvre crumbled (mild goat cheese)
- 0.3 cup cooking wine dry white
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 0.1 teaspoon pepper
- 0.5 teaspoon salt

- 9 ounce pkt spinach plain fresh
- 3 tablespoons walnuts toasted chopped
- 4 cups onion yellow thinly sliced

Equipment

- frying pan

Directions

- Heat olive oil in a large skillet over medium heat.
- Add onion and salt; stir well. Cover and cook 15 minutes, stirring occasionally. Stir in garlic; cook, uncovered, 15 minutes or until onion turns deep golden, stirring frequently.
- Add wine; simmer 3 minutes, stirring occasionally.
- Remove from heat; set aside, and keep warm.
- Cook pasta according to the package directions, omitting salt and fat.
- Drain pasta, reserving 1/4 cup cooking liquid.
- Add cooking liquid, pasta, basil, and next 3 ingredients to onion mixture; toss well.
- Serve immediately.

Nutrition Facts



PROTEIN 12.76% **FAT 47.67%** **CARBS 39.57%**

Properties

Glycemic Index:45.2, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:19.815217301897%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg

4.09mg, Kaempferol: 4.09mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg
Quercetin: 28.04mg, Quercetin: 28.04mg, Quercetin: 28.04mg, Quercetin: 28.04mg

Nutrients (% of daily need)

Calories: 154.02kcal (7.7%), Fat: 8.25g (12.7%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 11.65g (4.24%), Sugar: 5.98g (6.65%), Cholesterol: 2.61mg (0.87%), Sodium: 299.9mg (13.04%), Alcohol: 1.24g (100%), Alcohol %: 0.75% (100%), Protein: 4.97g (9.94%), Vitamin K: 255.72µg (243.55%), Vitamin A: 4932.11IU (98.64%), Manganese: 0.89mg (44.64%), Folate: 131.13µg (32.78%), Vitamin C: 24.55mg (29.76%), Magnesium: 66.12mg (16.53%), Vitamin B6: 0.32mg (16.15%), Fiber: 3.76g (15.06%), Potassium: 518.35mg (14.81%), Copper: 0.26mg (13.21%), Iron: 2.06mg (11.44%), Phosphorus: 102.37mg (10.24%), Vitamin E: 1.53mg (10.21%), Calcium: 100.25mg (10.03%), Vitamin B2: 0.17mg (9.76%), Vitamin B1: 0.13mg (8.45%), Zinc: 0.77mg (5.12%), Vitamin B3: 0.65mg (3.23%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.79µg (2.56%)