



Linguine with Radicchio

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 cloves garlic minced peeled
- ☐ 8 ounces pasta dried
- ☐ 2 tablespoons olive oil
- ☐ 4 servings parmesan cheese grated
- ☐ 12 ounces radicchio thinly (see notes)
- ☐ 8 oz onion red peeled cut into thin slivers
- ☐ 4 servings salt and pepper
- ☐ 3 tablespoons whipping cream

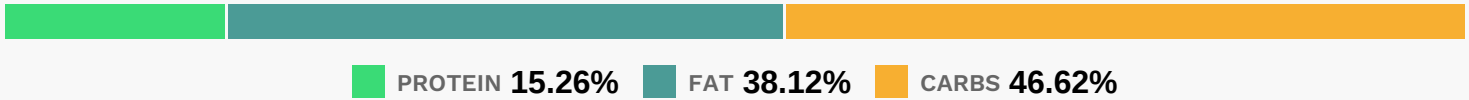
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart covered pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add linguine, stir to separate, and cook, uncovered, until barely tender to bite, about 9 minutes.
- ☐ Drain, reserving about 1 cup cooking water. Rinse and dry pan.
- ☐ Meanwhile, cut off bases of radicchio heads; rinse and drain leaves.
- ☐ Cut leaves into 1/4-inch-wide strips.
- ☐ Set the pan over medium-high heat. When hot, add olive oil, onion, and garlic. Stir often until onion begins to brown, 4 to 5 minutes.
- ☐ Add radicchio and vinegar; stir until radicchio is limp, 1 to 2 minutes.
- ☐ Add cream, linguine, and enough of the reserved cooking water to moisten as desired. Stir until pasta is hot, 2 to 3 minutes.
- ☐ Add cheese and salt and pepper to taste; mix gently.
- ☐ Transfer linguine to a serving bowl or plates.
- ☐ Sprinkle with parsley. Offer more cheese to add to taste.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:18.67, Inflammation Score:-8, Nutrition Score:21.194782744283%

Flavonoids

Cyanidin: 108mg, Cyanidin: 108mg, Cyanidin: 108mg, Cyanidin: 108mg Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 32.32mg, Luteolin: 32.32mg, Luteolin: 32.32mg, Luteolin: 32.32mg Isorhamnetin: 2.84mg, Isorhamnetin:

2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 38.33mg, Quercetin: 38.33mg, Quercetin: 38.33mg, Quercetin: 38.33mg

Nutrients (% of daily need)

Calories: 484.78kcal (24.24%), Fat: 20.59g (31.68%), Saturated Fat: 8.44g (52.73%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 53.09g (19.3%), Sugar: 5.39g (5.99%), Cholesterol: 38.81mg (12.94%), Sodium: 747.52mg (32.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.55g (37.1%), Vitamin K: 222.27µg (211.68%), Selenium: 47.93µg (68.48%), Manganese: 0.77mg (38.34%), Phosphorus: 357.4mg (35.74%), Calcium: 317.72mg (31.77%), Copper: 0.49mg (24.75%), Vitamin E: 3.26mg (21.74%), Folate: 74.3µg (18.58%), Zinc: 2.77mg (18.47%), Potassium: 542.56mg (15.5%), Magnesium: 58.92mg (14.73%), Fiber: 3.58g (14.3%), Vitamin C: 11.54mg (13.98%), Vitamin B6: 0.24mg (12.19%), Vitamin B2: 0.2mg (11.73%), Vitamin A: 449.11IU (8.98%), Iron: 1.58mg (8.79%), Vitamin B12: 0.42µg (7.05%), Vitamin B1: 0.1mg (6.94%), Vitamin B5: 0.68mg (6.78%), Vitamin B3: 1.29mg (6.44%), Vitamin D: 0.33µg (2.2%)