



Linguine with Red Peppers, Green Onions and Pine Nuts

READY IN



45 min.

SERVINGS



2

CALORIES



1063 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup wine dry white
- ☐ 6 spring onion cut into thin strips
- ☐ 9 ounces pasta fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 bell pepper red cut into strips
- ☐ 0.7 cup whipping cream

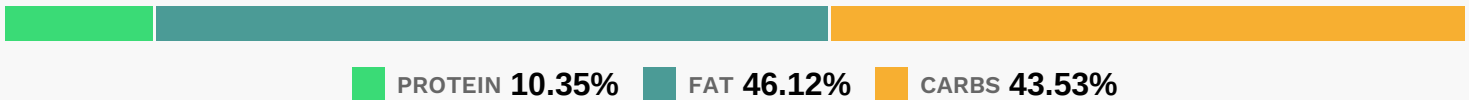
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add peppers; sauté until crisp-tender, about 4 minutes.
- ☐ Add green onions and sauté 2 minutes.
- ☐ Transfer vegetable mixture to bowl.
- ☐ Add cream and wine to same skillet and simmer until mixture thickens, about 3 minutes.
- ☐ Mix in cheese and all but 1 cup vegetable mixture. Simmer sauce 2 minutes to blend flavors; season with salt and pepper.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1/2 cup cooking liquid.
- ☐ Return pasta to pot.
- ☐ Add sauce and toss to coat over medium heat, adding reserved cooking liquid by tablespoonfuls to moisten, if desired. Mound pasta on plates.
- ☐ Garnish with reserved 1 cup vegetables.
- ☐ Sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:40.57, Inflammation Score:-10, Nutrition Score:40.629565052364%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 1062.76kcal (53.14%), Fat: 53.03g (81.59%), Saturated Fat: 22.41g (140.08%), Carbohydrates: 112.65g (37.55%), Net Carbohydrates: 104.51g (38%), Sugar: 12.75g (14.17%), Cholesterol: 100.52mg (33.51%), Sodium: 261.82mg (11.38%), Alcohol: 6.18g (100%), Alcohol %: 1.71% (100%), Protein: 26.78g (53.56%), Vitamin C: 159.7mg (193.57%), Manganese: 2.93mg (146.38%), Selenium: 87.89µg (125.56%), Vitamin A: 5364.03IU (107.28%), Vitamin K: 96.78µg (92.17%), Phosphorus: 518.47mg (51.85%), Vitamin E: 5.59mg (37.3%), Magnesium: 147.38mg (36.84%), Copper: 0.66mg (32.88%), Fiber: 8.14g (32.57%), Vitamin B6: 0.63mg (31.66%), Folate: 111µg (27.75%), Zinc: 4.13mg (27.53%), Vitamin B2: 0.45mg (26.24%), Potassium: 876.72mg (25.05%), Calcium: 232.07mg (23.21%), Iron: 3.97mg (22.07%), Vitamin B3: 4.39mg (21.94%), Vitamin B1: 0.28mg (18.84%), Vitamin B5: 1.28mg (12.77%), Vitamin D: 1.33µg (8.88%), Vitamin B12: 0.3µg (4.93%)