

food
network



HEALTH SCORE

92%

Linguine with Sea Urchins



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



621 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.5 cup olive oil extra virgin



2 juice of lemon



1 pound pasta



2 bunches parsley italian finely chopped



2 tablespoons pasilla peppers hot crushed



6 overripe plum tomatoes roughly chopped



3 scallions thinly sliced



1 pound sea urchin roe fresh chopped

- ☐ 0.5 tablespoon sea salt
- ☐ 1 zucchini paper thin yellow sliced

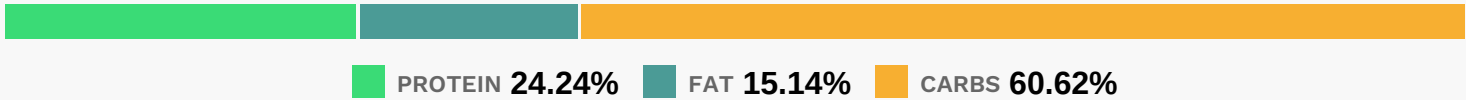
Equipment

- ☐ bowl

Directions

- ☐ Place 6 quarts water to boil and add 2 tablespoons salt.
- ☐ In a large earthenware serving bowl, place half the urchins, scallions, zucchini, tomatoes, olive oil, lemon zest and juice, hot pepper and sea salt and allow to stand.
- ☐ Cook pasta according to package instructions until al dente and drain well.
- ☐ Pour pasta into bowl with urchin roe mixture and toss like a salad to mix well.
- ☐ Place remaining urchins over top, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:35.57, Inflammation Score:-10, Nutrition Score:37.751304211824%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg, Apigenin: 61.43mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 4.35mg, Myricetin: 4.35mg, Myricetin: 4.35mg, Myricetin: 4.35mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 620.88kcal (31.04%), Fat: 10.38g (15.97%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 93.53g (31.18%), Net Carbohydrates: 87g (31.64%), Sugar: 7.64g (8.49%), Cholesterol: 90.72mg (30.24%), Sodium: 983.47mg (42.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.41g (74.82%), Vitamin K: 499.19µg (475.42%), Selenium: 113.26µg (161.79%), Vitamin C: 70.65mg (85.64%), Vitamin B12: 4.33µg (72.2%), Vitamin A: 3483.42IU (69.67%), Manganese: 1.32mg (65.97%), Phosphorus: 501.78mg (50.18%), Magnesium: 141.95mg (35.49%), Vitamin B6: 0.7mg (35.2%), Potassium: 1098.03mg (31.37%), Vitamin B3: 5.54mg (27.7%), Folate: 108.87µg (27.22%), Iron:

4.82mg (26.8%), Fiber: 6.53g (26.13%), Copper: 0.5mg (24.99%), Vitamin B1: 0.31mg (20.51%), Zinc: 2.72mg (18.16%),
Vitamin B5: 1.67mg (16.67%), Vitamin B2: 0.2mg (12.03%), Vitamin E: 1.77mg (11.78%), Calcium: 105.73mg (10.57%)