



Linguine with Spicy Leek and Tomato Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



701 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 garlic cloves chopped
- ☐ 2 medium leeks split white green sliced (and pale parts only)
- ☐ 12 ounces pasta
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.8 cups parmesan cheese divided freshly grated
- ☐ 1.3 pounds plum tomatoes diced
- ☐ 0.5 teaspoon pepper dried red crushed

☐ 1 tablespoon citrus champagne vinegar

Equipment

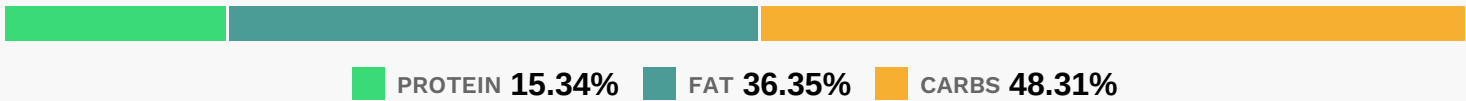
☐ frying pan

☐ pot

Directions

- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add next 3 ingredients; sauté 1 minute.
- ☐ Add leeks; sauté until beginning to soften, about 4 minutes.
- ☐ Add diced tomatoes; stir 1 minute.
- ☐ Add wine and vinegar; bring to boil. Cover and cook until tomatoes break down, stirring often, about 5 minutes.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite.
- ☐ Drain, reserving 1 1/4 cups pasta cooking liquid.
- ☐ Add pasta, 1/2 cup reserved pasta liquid, and 3/4 cup cheese to sauce in skillet. Toss over medium-high heat until sauce coats pasta, adding more liquid by 1/4 cupfuls if dry. Season with salt and pepper.
- ☐ Serve, passing 1 cup cheese separately.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:29, Inflammation Score:-9, Nutrition Score:27.002608610236%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.32mg,

Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 700.83kcal (35.04%), Fat: 27.53g (42.36%), Saturated Fat: 8.95g (55.91%), Carbohydrates: 82.31g (27.44%), Net Carbohydrates: 76.86g (27.95%), Sugar: 8.09g (8.98%), Cholesterol: 38.06mg (12.69%), Sodium: 793.36mg (34.49%), Alcohol: 3.09g (100%), Alcohol %: 1.08% (100%), Protein: 26.15g (52.29%), Selenium: 69.8µg (99.72%), Manganese: 1.28mg (63.76%), Phosphorus: 497.67mg (49.77%), Vitamin A: 2375.61IU (47.51%), Calcium: 454.63mg (45.46%), Vitamin K: 41.48µg (39.5%), Vitamin C: 25.3mg (30.67%), Vitamin E: 3.53mg (23.55%), Magnesium: 93.3mg (23.33%), Zinc: 3.46mg (23.08%), Fiber: 5.44g (21.77%), Potassium: 724.22mg (20.69%), Vitamin B6: 0.41mg (20.66%), Copper: 0.41mg (20.58%), Folate: 68.09µg (17.02%), Iron: 2.91mg (16.16%), Vitamin B2: 0.25mg (14.8%), Vitamin B3: 2.59mg (12.93%), Vitamin B1: 0.17mg (11.58%), Vitamin B12: 0.59µg (9.84%), Vitamin B5: 0.72mg (7.22%), Vitamin D: 0.22µg (1.46%)