



food
network

Lone Linguine with White Truffle

READY IN



20 min.

SERVINGS



1

CALORIES



828 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 3 tablespoons double cream
- 1 eggs
- 4 ounces c linguine
- 3 tablespoons parmesan grated
- 1 serving salt
- 3 drops truffle oil white to taste
- 1 serving pepper white freshly ground

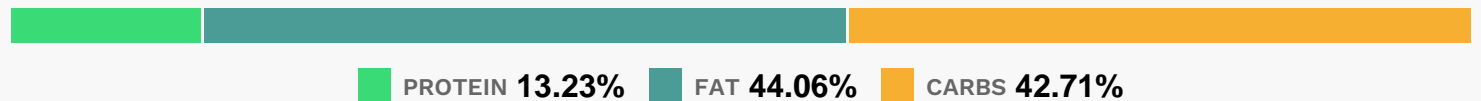
Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Bring a large pot of water to a boil over medium heat. Salt the water and add the pasta.
- Add the linguine and cook for 2 minutes less than the instructions on the package. Taste it to make sure it's al dente.
- Remove 1/2 cup of the pasta cooking water and reserve.
- Drain.
- In a bowl whisk the egg, the cream, Parmesan, a few drops of white truffle oil and a good pinch of white pepper.
- Put the drained pasta back into the pan you cooked it in, then add the butter and about 1 tablespoonful of the cooking water. Stir to mix.
- Stir in the egg mixture and keep mixing so that the pasta becomes smooth, soft and lightly coated. Taste to see if it needs any salt or any more truffle oil and act accordingly.
- Transfer the pasta to a bowl and eat alone, and thrillingly.

Nutrition Facts



Properties

Glycemic Index:119, Glycemic Load:34.17, Inflammation Score:-7, Nutrition Score:20.656956333181%

Nutrients (% of daily need)

Calories: 828.25kcal (41.41%), Fat: 40.41g (62.17%), Saturated Fat: 22.13g (138.28%), Carbohydrates: 88.13g (29.38%), Net Carbohydrates: 83.98g (30.54%), Sugar: 4.63g (5.15%), Cholesterol: 254.83mg (84.94%), Sodium: 605.7mg (26.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.6%), Selenium: 90.1µg (128.72%), Manganese: 1.14mg (57.11%), Phosphorus: 438.52mg (43.85%), Vitamin A: 1366.11IU (27.32%), Calcium: 264.56mg

(26.46%), Vitamin B2: 0.41mg (24.16%), Copper: 0.39mg (19.38%), Magnesium: 77.22mg (19.3%), Zinc: 2.72mg (18.15%), Fiber: 4.15g (16.61%), Iron: 2.72mg (15.11%), Vitamin B5: 1.36mg (13.61%), Vitamin B6: 0.27mg (13.38%), Vitamin E: 1.79mg (11.94%), Vitamin D: 1.67µg (11.17%), Folate: 44.56µg (11.14%), Vitamin B12: 0.67µg (11.12%), Potassium: 375.04mg (10.72%), Vitamin B3: 2.04mg (10.2%), Vitamin B1: 0.14mg (9.04%), Vitamin K: 4.73µg (4.5%)