



Middle Eastern Pasta With Yogurt and Pine Nuts

READY IN



18 min.

SERVINGS



4

CALORIES



802 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons corn oil
- 1 clove garlic
- 8 ounces lamb lean
- 16 ounce penne pasta
- 16 ounce yogurt plain
- 4 servings salt and pepper to taste
- 0.7 cup slivered almonds

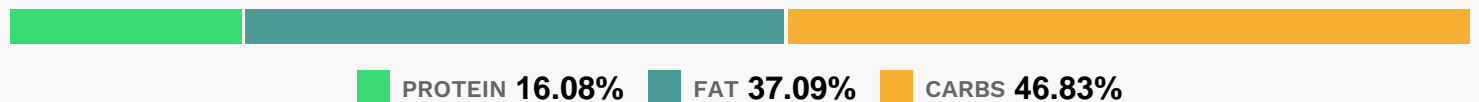
Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Meanwhile, heat the corn oil in a large skillet over medium-high heat. Stir in the beef and cook until well browned, stirring frequently to break apart, about 7 minutes.
- Add the pine nuts, and cook for another minute until dark brown. Season to taste with salt and pepper, then remove from the heat, and drain off excess fat.
- In a large bowl, crush the garlic into a smooth paste.
- Whisk the yogurt with the garlic until creamy and smooth. Once the pasta has been cooked and drained, place into a serving dish, and pour the yogurt over it. Top with the cooked meat and nuts while it is still hot.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:35.28, Inflammation Score:-6, Nutrition Score:21.854782767918%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 801.68kcal (40.08%), Fat: 33.13g (50.96%), Saturated Fat: 9.57g (59.78%), Carbohydrates: 94.1g (31.36%), Net Carbohydrates: 88.2g (32.07%), Sugar: 9.1g (10.11%), Cholesterol: 56.13mg (18.71%), Sodium: 296.72mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.61%), Selenium: 75.01µg (107.15%), Manganese: 1.47mg (73.44%), Phosphorus: 409.78mg (40.98%), Vitamin E: 5.84mg (38.93%), Magnesium: 122.5mg (30.63%), Copper: 0.53mg (26.29%), Vitamin B2: 0.44mg (25.59%), Fiber: 5.89g (23.58%), Calcium: 216.03mg (21.6%), Zinc: 2.84mg (18.93%), Iron: 3.01mg (16.74%), Potassium: 563.63mg (16.1%), Vitamin B3: 2.67mg (13.35%), Vitamin B6: 0.23mg (11.56%), Vitamin B1: 0.17mg (11.56%), Vitamin B5: 1.02mg (10.19%), Folate: 36.29µg (9.07%), Vitamin B12: 0.42µg (6.99%), Vitamin K: 3.31µg (3.15%), Vitamin A: 112.51IU (2.25%)