



Pappardelle in Saffron Cream

READY IN



25 min.

SERVINGS



2

CALORIES



566 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons chives fresh roughly chopped
- ☐ 0.7 cup heavy cream
- ☐ 2 servings kosher salt
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 tablespoons parmesan cheese grated plus more for topping
- ☐ 4 ounces pappardelle pasta dried
- ☐ 2 servings pepper freshly ground
- ☐ 1 pinch saffron threads

- ☐ 0.5 small shallots minced
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 teaspoon vanilla extract

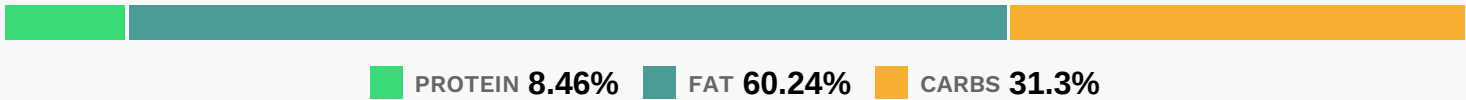
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a pot of salted water to a boil. Meanwhile, melt the butter in a medium skillet over medium heat.
- ☐ Add the shallot and saffron and cook, stirring occasionally, until the shallot is softened, about 2 minutes.
- ☐ Add the cream, 1/4 teaspoon salt, and pepper to taste; increase the heat to medium high and simmer until slightly thickened, about 2 minutes. Stir in the lemon juice and vanilla.
- ☐ Add the pasta to the boiling water and cook as the label directs.
- ☐ Remove 1/4 cup cooking water, then drain the pasta and transfer to the skillet with the sauce.
- ☐ Add the reserved cooking water, the parmesan and half of the chives and toss to coat.
- ☐ Serve topped with the lemon zest, remaining chives and more cheese.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:110.5, Glycemic Load:17.26, Inflammation Score:-7, Nutrition Score:13.319130337757%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.15mg,

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Nutrients (% of daily need)

Calories: 566.24kcal (28.31%), Fat: 38.27g (58.88%), Saturated Fat: 23.29g (145.59%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 42.51g (15.46%), Sugar: 4.04g (4.49%), Cholesterol: 156.67mg (52.22%), Sodium: 316.36mg (13.76%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 12.1g (24.2%), Selenium: 48.99µg (69.99%), Vitamin A: 1551.34IU (31.03%), Manganese: 0.54mg (27.06%), Phosphorus: 221.89mg (22.19%), Vitamin B2: 0.23mg (13.28%), Calcium: 124.51mg (12.45%), Magnesium: 43.32mg (10.83%), Vitamin D: 1.57µg (10.46%), Zinc: 1.55mg (10.32%), Copper: 0.19mg (9.65%), Vitamin K: 10µg (9.52%), Vitamin B6: 0.18mg (9.1%), Fiber: 2.23g (8.91%), Vitamin B1: 0.12mg (8.05%), Vitamin B5: 0.78mg (7.75%), Vitamin E: 1.14mg (7.6%), Potassium: 258.33mg (7.38%), Iron: 1.32mg (7.35%), Vitamin B3: 1.29mg (6.43%), Folate: 25.63µg (6.41%), Vitamin B12: 0.37µg (6.18%), Vitamin C: 3.63mg (4.4%)