



Pasta with Fennel and Onions

READY IN



40 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large fennel bulbs
- ☐ 2 juice of lemon juiced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 onions
- ☐ 1 cup freshly parmesan cheese shaved
- ☐ 16 ounce linguine pasta
- ☐ 0.3 cup pinenuts
- ☐ 4 roma tomatoes seeded cut into 1/4-inch dice (plum)
- ☐ 1 cup white wine

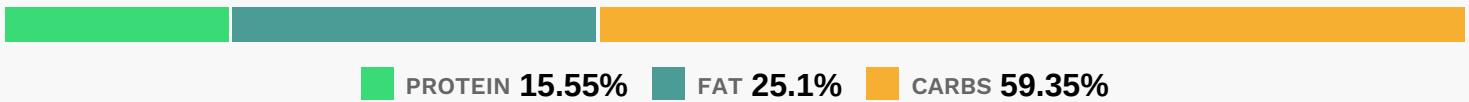
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Trim fennel bulbs, cut in half lengthwise, and remove tough cores. Thinly slice fennel bulb halves lengthwise. Peel onions, slice in half lengthwise, and thinly slice onions lengthwise.
- ☐ Heat olive oil in a large skillet over medium heat; cook and stir fennel and onions until onions are translucent, about 8 minutes.
- ☐ Pour in white wine, turn heat up to medium-high, and cook, stirring often, until the wine has nearly evaporated and fennel and onions begin to brown, 8 to 10 minutes.
- ☐ Bring a large pot of lightly salted water to a boil; cook the linguine at a boil until tender yet firm to the bite, about 11 minutes; drain and keep warm. Reserve 1/4 cup of pasta water.
- ☐ Stir tomatoes into the fennel mixture and cook until the tomatoes soften, about 3 minutes.
- ☐ Mix lemon juice and pine nuts into the vegetables.
- ☐ Stir linguine into the fennel mixture and mix in reserved pasta water. Cook pasta and vegetables over high heat, stirring until hot and thoroughly combined, about 2 minutes.
- ☐ Serve in a large serving bowl topped with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:19.24, Inflammation Score:-7, Nutrition Score:16.333043322615%

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 Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin:

0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 372.58kcal (18.63%), Fat: 9.9g (15.22%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 52.63g (17.54%), Net Carbohydrates: 47.99g (17.45%), Sugar: 6.52g (7.25%), Cholesterol: 8.5mg (2.83%), Sodium: 238.44mg (10.37%), Alcohol: 3.09g (100%), Alcohol %: 1.62% (100%), Protein: 13.79g (27.58%), Selenium: 39.26µg (56.09%), Manganese: 1.11mg (55.62%), Vitamin K: 43.59µg (41.51%), Phosphorus: 268.83mg (26.88%), Calcium: 201.85mg (20.18%), Vitamin C: 16.24mg (19.68%), Fiber: 4.65g (18.58%), Magnesium: 65.69mg (16.42%), Potassium: 547.99mg (15.66%), Copper: 0.29mg (14.68%), Zinc: 1.67mg (11.14%), Folate: 39.99µg (10%), Vitamin B6: 0.2mg (9.98%), Iron: 1.74mg (9.69%), Vitamin E: 1.4mg (9.3%), Vitamin B3: 1.81mg (9.06%), Vitamin A: 436.47IU (8.73%), Vitamin B2: 0.12mg (7.22%), Vitamin B1: 0.1mg (6.97%), Vitamin B5: 0.53mg (5.35%), Vitamin B12: 0.15µg (2.5%)