



Pasta with Pecorino and Pepper

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



770 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound egg pasta dried italian such as tagliarelle
- ☐ 2 tablespoons parsley leaves fresh minced
- ☐ 2 tablespoons heavy cream
- ☐ 2 servings kosher salt
- ☐ 4 ounces aged pecorino cheese freshly grated for serving
- ☐ 1 tablespoon tellicherry peppercorns whole black
- ☐ 1 tablespoon butter unsalted

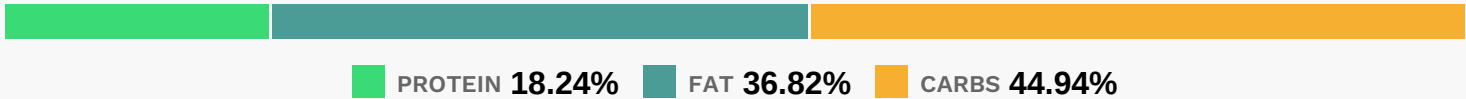
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ mortar and pestle
- ☐ measuring cup
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the peppercorns in a mortar and pestle and crush them until you have a mixture of coarse and fine bits. (You can also grind them in a small food mill or coffee grinder.) Set aside.
- ☐ Fill a large, heavy-bottomed pot with water and bring to a boil over high heat.
- ☐ Add 1 tablespoon salt and the pasta and cook according to the directions on the package until al dente. Ladle 1 cup of the pasta cooking water into a glass measuring cup and reserve it.
- ☐ Drain the pasta quickly in a colander and return the pasta to the pot with a lot of the pasta water still dripping.
- ☐ Working quickly, with the heat on very low, toss the pasta with 1/2 cup of the grated Pecorino, the crushed peppercorns, cream, butter, parsley, and 1 teaspoon salt, tossing constantly. If the pasta seems dry, add some of the reserved cooking water. Off the heat, toss in the remaining 1/2 cup Pecorino.
- ☐ Serve immediately with a big bowl of extra grated Pecorino for sprinkling.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:35.13, Inflammation Score:-8, Nutrition Score:28.920869702878%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:

0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 770.05kcal (38.5%), Fat: 31.6g (48.61%), Saturated Fat: 18.16g (113.52%), Carbohydrates: 86.76g (28.92%), Net Carbohydrates: 81.62g (29.68%), Sugar: 3.05g (3.39%), Cholesterol: 186.22mg (62.07%), Sodium: 906.05mg (39.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.21g (70.42%), Selenium: 98.35µg (140.5%), Manganese: 1.63mg (81.29%), Vitamin K: 76.57µg (72.92%), Phosphorus: 724.8mg (72.48%), Calcium: 682.34mg (68.23%), Zinc: 3.79mg (25.23%), Magnesium: 100.76mg (25.19%), Copper: 0.43mg (21.46%), Vitamin A: 1065.35IU (21.31%), Vitamin B2: 0.36mg (20.9%), Fiber: 5.14g (20.56%), Iron: 3.34mg (18.57%), Vitamin B12: 1µg (16.66%), Vitamin B6: 0.32mg (15.84%), Vitamin B1: 0.23mg (15.06%), Vitamin B5: 1.41mg (14.06%), Vitamin B3: 2.55mg (12.74%), Potassium: 430.03mg (12.29%), Folate: 44.59µg (11.15%), Vitamin C: 5.41mg (6.56%), Vitamin D: 0.97µg (6.46%), Vitamin E: 0.93mg (6.22%)