



Pasta with Walnut Sauce

READY IN

ready

20 min.

SERVINGS

servings

10

CALORIES

calories

515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 slice bread
- ☐ 0.5 clove garlic minced
- ☐ 3 tablespoons olive oil (preferably Ligurian)
- ☐ 1 ounce parmesan grated plus more for garnish
- ☐ 0.5 cup parsley italian chopped for garnish
- ☐ 10 servings salt and pepper
- ☐ 2 pounds any flat short pasta
- ☐ 6 ounces walnuts shelled
- ☐ 0.7 cup milk whole

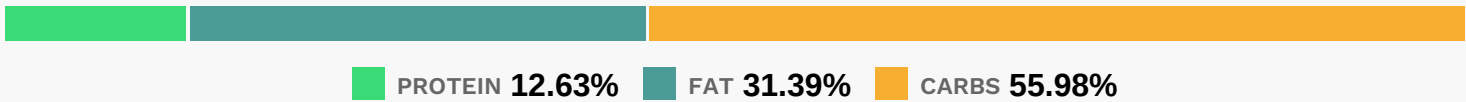
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Put a large saucepan of water on to boil, and toast the walnuts in a dry frying pan until they begin to make a nutty aroma.
- ☐ Put the bread in a bowl and cover with the milk. Put most of the toasted walnuts (reserving about 1 ounce for garnish) into a blender along with the garlic, bread soaked in milk, and Parmesan. Blend until it turns smooth and creamy, then pour in the oil and season well with salt and pepper before blending again.
- ☐ Pour into a bowl, and set aside.
- ☐ Add pasta to boiling water with salt and cook for the required amount of time. When pasta is al dente, reserve a cup of the pasta cooking liquid and then drain the pasta, but put it in to a large bowl while it's still dripping slightly with water.
- ☐ Sprinkle a little olive oil over the pasta to prevent it sticking together, and then add the walnut sauce, mixing it into the pasta (splash in a little pasta cooking liquid to make the sauce less thick if needed).
- ☐ Roughly chop the remaining walnuts and toss them over the top along with some more Parmesan and the chopped parsley.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:1.31, Inflammation Score:-6, Nutrition Score:18.256521691447%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 514.79kcal (25.74%), Fat: 18.06g (27.79%), Saturated Fat: 2.66g (16.66%), Carbohydrates: 72.49g (24.16%), Net Carbohydrates: 68.23g (24.81%), Sugar: 3.86g (4.29%), Cholesterol: 3.88mg (1.29%), Sodium: 266.2mg (11.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.72%), Selenium: 59.95µg (85.64%), Manganese: 1.46mg (72.75%), Vitamin K: 52.52µg (50.01%), Phosphorus: 272mg (27.2%), Copper: 0.54mg (27.15%), Magnesium: 80.85mg (20.21%), Fiber: 4.26g (17.03%), Zinc: 2.01mg (13.42%), Vitamin B6: 0.24mg (12.02%), Iron: 2.01mg (11.18%), Vitamin B1: 0.16mg (10.95%), Folate: 40.14µg (10.04%), Vitamin B3: 1.95mg (9.77%), Calcium: 97.37mg (9.74%), Potassium: 325.57mg (9.3%), Vitamin B2: 0.12mg (7.17%), Vitamin A: 304.68IU (6.09%), Vitamin B5: 0.6mg (5.97%), Vitamin E: 0.87mg (5.77%), Vitamin C: 4.26mg (5.17%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.19µg (1.29%)