



Penne with Brown Butter, Arugula, and Pine Nuts

READY IN



19 min.

SERVINGS



6

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers rinsed drained
- ☐ 1 cup grape tomatoes halved
- ☐ 1 large lemon zest juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup parmesan grated
- ☐ 1 pound penne rigate pasta

- ☐ 0.5 cup pinenuts toasted see Cook's Note
- ☐ 2 teaspoons salt
- ☐ 0.3 cup butter unsalted cut into 1/2-inch pieces, at room temperature

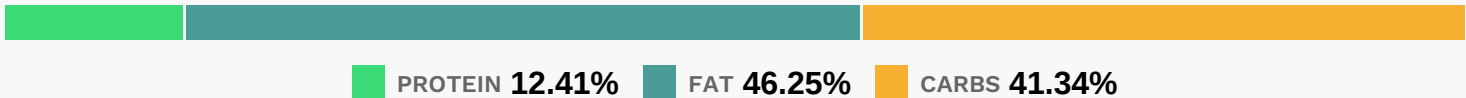
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ For the dressing: In a small bowl, whisk together the olive oil, lemon juice, lemon zest, salt, and pepper until smooth. Set aside.
- ☐ For the pasta: Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- ☐ Drain and reserve about 1 cup of the pasta water.
- ☐ In a high-sided skillet, whisk the butter over medium heat until melted. Simmer until foamy. Continue to cook until the butter has a nutty aroma and turns a caramel color, 3 to 5 minutes.
- ☐ Remove the pan from the heat.
- ☐ Add the pasta, dressing, arugula, tomatoes, Parmesan, pine nuts, and capers. Toss until coated, adding the reserved pasta water, 1 tablespoon at a time to loosen the sauce, if needed.
- ☐ Transfer to a large bowl and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:23.2, Inflammation Score:-7, Nutrition Score:19.39391304099%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg, Kaempferol: 8.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 578.2kcal (28.91%), Fat: 29.98g (46.13%), Saturated Fat: 9.62g (60.15%), Carbohydrates: 60.32g (20.11%), Net Carbohydrates: 56.74g (20.63%), Sugar: 3.54g (3.94%), Cholesterol: 31.67mg (10.56%), Sodium: 1126.92mg (49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.19%), Manganese: 1.78mg (89.18%), Selenium: 51.79µg (73.99%), Phosphorus: 339.05mg (33.9%), Vitamin K: 29.93µg (28.5%), Calcium: 244.81mg (24.48%), Magnesium: 86.16mg (21.54%), Copper: 0.41mg (20.62%), Vitamin E: 2.9mg (19.36%), Vitamin A: 898.15IU (17.96%), Zinc: 2.38mg (15.86%), Fiber: 3.58g (14.32%), Iron: 2.13mg (11.84%), Potassium: 366.54mg (10.47%), Vitamin B3: 2.04mg (10.2%), Folate: 36.31µg (9.08%), Vitamin B2: 0.15mg (8.85%), Vitamin B1: 0.13mg (8.82%), Vitamin C: 6.9mg (8.36%), Vitamin B6: 0.17mg (8.29%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.22µg (3.6%), Vitamin D: 0.23µg (1.5%)