




Pici with Summer Squashes and Tarragon


 Vegetarian

READY IN




30 min.

SERVINGS



8

CALORIES



395 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- 0.5 onion finely chopped
- 3 tablespoons olive oil extra virgin extra-virgin
- 2 to 3 sized squashes yellow such as and zucchini, sliced
- 3 garlic clove thinly sliced
- 1 serving salt and pepper freshly ground
- 1 cup wine dry white
- 0.3 cup ouzo
- 0.8 cup cup heavy whipping cream

- 1 pound pasta like spaghetti such as bucatini or spaghetti, cooked until al dente (1 cup cooking water reserved) thin
- 1 tablespoon tarragon fresh coarsely chopped

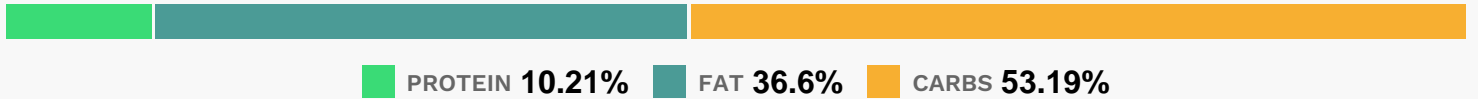
Equipment

- frying pan

Directions

- Cook onion in 2 tablespoons oil in a skillet over medium heat, stirring, until soft, about 5 minutes.
- Add remaining tablespoon oil, the squashes, and garlic. Season with salt and pepper. Cook until tender, about 10 minutes.
- Add wine and ouzo. Bring to a simmer. Cook for 2 minutes.
- Add cream; toss to coat.
- Add pasta, reserved cooking water, and tarragon, and gently toss.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:18, Inflammation Score:-6, Nutrition Score:10.85434777322%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 395.17kcal (19.76%), Fat: 14.32g (22.04%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 44.29g (16.1%), Sugar: 3.83g (4.26%), Cholesterol: 25.21mg (8.4%), Sodium: 37.34mg (1.62%), Alcohol: 6.43g (100%), Alcohol %: 4.47% (100%), Protein: 8.99g (17.98%), Selenium: 36.86µg (52.66%), Manganese: 0.74mg (37.01%), Phosphorus: 150.98mg (15.1%), Vitamin B6: 0.25mg (12.68%), Vitamin C: 9.76mg (11.83%), Magnesium: 46.95mg (11.74%), Copper: 0.21mg (10.33%), Fiber: 2.56g (10.23%), Vitamin B2: 0.17mg (9.72%), Potassium: 338.55mg (9.67%), Vitamin A: 462.98IU (9.26%), Iron: 1.36mg (7.56%), Folate: 29.35µg (7.34%), Zinc: 1.09mg (7.29%), Vitamin E: 1.08mg (7.23%), Vitamin B3: 1.34mg (6.72%), Vitamin B1: 0.09mg (5.91%), Vitamin K: 5.57µg (5.3%), Calcium: 50.33mg (5.03%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.36µg (2.38%)