

Rattlesnake Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 1 tablespoon dijon mustard
- ☐ 6 servings flour for dredging
- ☐ 1 teaspoon garlic minced
- ☐ 1.3 cups heavy cream
- ☐ 1 jalapeno minced seeded
- ☐ 1 pound rattlesnake meat cut into 1/2 inch pieces
- ☐ 0.3 cup onions sliced
- ☐ 0.5 cup parmesan cheese grated

- ☐ 1 pound fettuccine pasta dry
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup tomatoes diced
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup baby squash yellow chopped
- ☐ 0.5 cup zucchini

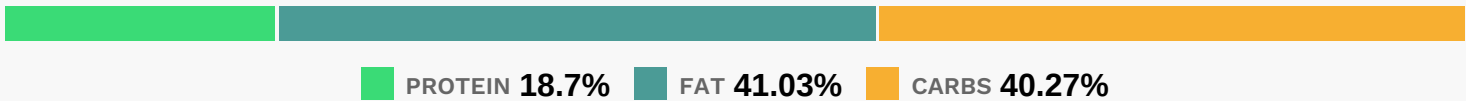
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add fettuccine and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Meanwhile, heat 2 tablespoons of oil in a large skillet over medium-high heat, add the onions, squash, zucchini, and mushrooms; cook and stir for 5 minutes, until the vegetables are heated through but still firm.
- ☐ Pour in the cream and the cooked fettucine and simmer for 4 minutes.
- ☐ Mix in the jalapeno, garlic, mustard, and Cajun seasoning and cook for 1 minute. Stir in the Parmesan cheese and the tomatoes. Reduce the heat to low.
- ☐ Preheat 3 tablespoons of oil in a large skillet over high heat. Dredge the rattlesnake meat in flour and pan fry for 5 minutes or until well done. Arrange the meat on top of the vegetables and pasta to serve.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:27.31, Inflammation Score:-8, Nutrition Score:22.887826173202%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 672.13kcal (33.61%), Fat: 30.53g (46.97%), Saturated Fat: 14.44g (90.22%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 63.76g (23.18%), Sugar: 4.82g (5.36%), Cholesterol: 111.66mg (37.22%), Sodium: 475.74mg (20.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.61%), Selenium: 79.99µg (114.28%), Vitamin B3: 9.99mg (49.95%), Manganese: 0.86mg (43.05%), Phosphorus: 411.48mg (41.15%), Vitamin B6: 0.8mg (39.95%), Vitamin A: 1568.31IU (31.37%), Magnesium: 77.01mg (19.25%), Vitamin B2: 0.33mg (19.14%), Potassium: 647.75mg (18.51%), Vitamin B5: 1.69mg (16.92%), Vitamin K: 17.63µg (16.79%), Fiber: 3.68g (14.73%), Zinc: 2.21mg (14.7%), Copper: 0.29mg (14.58%), Vitamin B1: 0.21mg (14.32%), Calcium: 138.56mg (13.86%), Vitamin E: 1.81mg (12.07%), Vitamin C: 9.79mg (11.87%), Iron: 2.12mg (11.78%), Folate: 42.57µg (10.64%), Vitamin D: 0.91µg (6.07%), Vitamin B12: 0.34µg (5.72%)