



Red Wine Pasta with Romano

READY IN



15 min.

SERVINGS



6

CALORIES



400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons kosher salt
- 1 teaspoon lemon zest grated
- 1 pound pasta dried
- 1.5 tablespoons olive oil extra virgin extra-virgin
- 1.5 cups red wine
- 2 ounces pecorino cheese shaved

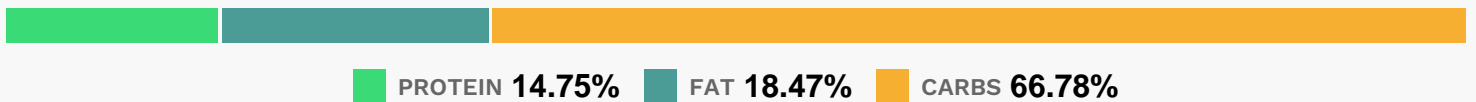
Equipment

- bowl
- frying pan
- sauce pan
- pot
- ziploc bags
- chefs knife

Directions

- Bring a large pot of water to a boil.
- Add the linguine and salt and cook for 7 minutes. As the linguine cooks, bring the wine to a simmer in a small saucepan.
- Drain the linguine and return it to the pot.
- Pour the wine into the pot with the pasta and place it over medium-high heat. Cook, tossing occasionally, until the wine is almost completely absorbed, about 5 minutes.
- Remove from heat, add the oil, and toss. Divide the linguine among bowls and sprinkle with the Romano, pepper, and lemon zest. Tip: Freshly cracked black pepper has a more assertive flavor than finely ground. To crack whole peppercorns, place them in a resealable plastic bag and press firmly with the flat side of a chef's knife or the bottom of a heavy skillet.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:23.04, Inflammation Score:-5, Nutrition Score:10.783913244372%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin:

0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 399.56kcal (19.98%), Fat: 7.19g (11.07%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 56.02g (20.37%), Sugar: 2.47g (2.75%), Cholesterol: 9.83mg (3.28%), Sodium: 2445.94mg (106.35%), Alcohol: 6.36g (100%), Alcohol %: 5.2% (100%), Protein: 12.93g (25.85%), Selenium: 49.29µg (70.41%), Manganese: 0.8mg (40.08%), Phosphorus: 228.8mg (22.88%), Magnesium: 51.54mg (12.88%), Calcium: 123.88mg (12.39%), Copper: 0.23mg (11.61%), Fiber: 2.5g (9.99%), Zinc: 1.4mg (9.35%), Iron: 1.39mg (7.72%), Vitamin B6: 0.15mg (7.53%), Potassium: 256.18mg (7.32%), Vitamin B3: 1.43mg (7.15%), Vitamin B2: 0.1mg (5.85%), Vitamin B1: 0.07mg (4.99%), Vitamin E: 0.61mg (4.08%), Vitamin B5: 0.39mg (3.87%), Folate: 14.94µg (3.74%), Vitamin K: 2.9µg (2.77%), Vitamin B12: 0.11µg (1.76%)