



## Richard Blais's Potato "Linguine" with Conch and White Wine

READY IN



30 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup breadcrumbs toasted for garnish
- 0.3 cup wine dry white
- 3 tablespoons parsley fresh chopped
- 0.5 juice of lemon grated
- 4 servings pepper black freshly ground to taste
- 1.5 cups chicken stock low-sodium store-bought
- 1 tablespoon oregano fresh chopped
- 0.5 teaspoon pepper red jarred finely minced

- 3 large baking potatoes peeled (baking)
- 2 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- knife
- mandoline

## Directions

- Using a Japanese mandoline or a very sharp long knife, cut the potatoes lengthwise into long, thin sheets (as thin as possible—ideally, you should be able to see through them). Stack the slices a few at a time and cut them lengthwise into 1/4-inch-wide ribbons.
- Pour the chicken stock into a large skillet and bring to a simmer over medium-high heat.
- Add the potatoes and butter and cook until the potatoes begin to absorb the stock, about 4 minutes.
- Add the conch, oregano, and chiles and cook until the potatoes are al dente and most of the stock is absorbed, about 5 minutes. Season with salt and pepper.
- Pour in the wine and toss the potatoes gently until it evaporates. Stir in the parsley.
- Divide the “linguine” among four warmed shallow bowls. Squeeze some lemon juice over each bowl and top with a sprinkling of bread crumbs.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:42.19, Glycemic Load:39.45, Inflammation Score:-9, Nutrition Score:18.976521644903%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 354.78kcal (17.74%), Fat: 7.27g (11.19%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 62.68g (20.89%), Net Carbohydrates: 57.72g (20.99%), Sugar: 3.01g (3.34%), Cholesterol: 15.05mg (5.02%), Sodium: 146.88mg (6.39%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 9.82g (19.65%), Vitamin K: 63.82µg (60.78%), Vitamin B6: 1.01mg (50.53%), Potassium: 1311.38mg (37.47%), Manganese: 0.66mg (33.05%), Vitamin C: 21.25mg (25.75%), Vitamin B3: 5.12mg (25.61%), Vitamin B1: 0.37mg (24.33%), Iron: 3.96mg (22.01%), Phosphorus: 210.22mg (21.02%), Fiber: 4.96g (19.84%), Magnesium: 77.63mg (19.41%), Copper: 0.38mg (19.16%), Folate: 61.91µg (15.48%), Vitamin B2: 0.19mg (11.15%), Vitamin A: 526.58IU (10.53%), Vitamin B5: 0.95mg (9.54%), Calcium: 92.85mg (9.28%), Zinc: 1.19mg (7.94%), Selenium: 4.71µg (6.73%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.15µg (2.46%)