



Rosemary Apricot Spaghettini

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup apricots dried
- ☐ 0.5 cup chorizo diced dry
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 4 cloves garlic
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 12 ounces spaghettini pasta dry
- ☐ 4 servings salt and pepper black freshly ground

☐

0.5 cup vegetable broth

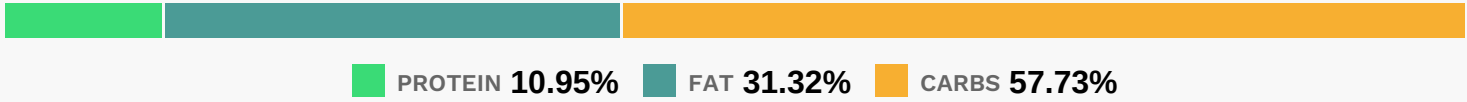
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of saltedwater to a boil.
- ☐ When the water boils, addpasta and cook until just tender,about 8 minutes; drain.
- ☐ Place in a serving bowl.
- ☐ Meanwhile, heat the oil overmedium heat in a large skillet;add garlic. Cook, swirling thepan until garlic is just golden.
- ☐ Add the broth, rosemary,apricots, and chorizo to garlicin skillet; cook through for 3minutes, then season with saltand pepper. Toss with pasta,sprinkle with parsley, and serveimmediately.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:60.6, Glycemic Load:29.06, Inflammation Score:-8, Nutrition Score:18.671739059946%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 523.93kcal (26.2%), Fat: 18.25g (28.08%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 75.69g (25.23%), Net Carbohydrates: 71.38g (25.95%), Sugar: 11.29g (12.55%), Cholesterol: 8.83mg (2.94%), Sodium: 129.5mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.7%), Vitamin K: 131.93µg (125.65%),

Selenium: 54.55µg (77.92%), Manganese: 0.9mg (44.89%), Vitamin A: 1345.9IU (26.92%), Vitamin E: 2.8mg (18.67%), Phosphorus: 181.71mg (18.17%), Fiber: 4.31g (17.26%), Copper: 0.32mg (16.23%), Magnesium: 55.4mg (13.85%), Iron: 2.45mg (13.58%), Vitamin C: 11.18mg (13.55%), Potassium: 436.54mg (12.47%), Vitamin B3: 1.99mg (9.96%), Vitamin B6: 0.19mg (9.5%), Zinc: 1.38mg (9.22%), Folate: 28.99µg (7.25%), Vitamin B1: 0.09mg (6.11%), Vitamin B5: 0.5mg (5.04%), Calcium: 44.74mg (4.47%), Vitamin B2: 0.07mg (4.39%)