



Saffron Linguine with Herb Oil and Shaved Manchego Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup almonds toasted sliced
- 0.5 cup flat-leaf parsley chopped
- 1 large garlic clove minced
- 1 teaspoon juice of lemon fresh
- 0.5 pound pasta
- 0.3 cup mint leaves chopped
- 0.3 cup olive oil extra-virgin
- 0.3 pound young pecorino cheese shaved with a vegetable peeler

- 4 servings pepper freshly ground
- 1 pinch saffron threads
- 1 teaspoon tarragon chopped
- 0.5 teaspoon thyme leaves chopped
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- blender

Directions

- In a blender, puree the parsley with the mint, olive oil, tarragon, thyme and lemon juice. Scrape the oil into a bowl.
- Melt the butter in a large skillet.
- Add the garlic and saffron and cook over low heat until fragrant, about 1 minute.
- Cook the linguine in boiling salted water until al dente. Set the skillet with the garlic over moderately high heat and add 1/2 cup of the pasta cooking water.
- Drain the pasta, add it to the skillet and toss well.
- Transfer the pasta to warmed shallow bowls. Top with the cheese shavings, toasted almonds and herb oil.
- Sprinkle the linguine with pepper and serve at once.

Nutrition Facts



PROTEIN 13.64% **FAT 53.02%** **CARBS 33.34%**

Properties

Glycemic Index:89.5, Glycemic Load:17.72, Inflammation Score:-8, Nutrition Score:21.655217321023%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 16.33mg, Apigenin: 16.33mg, Apigenin: 16.33mg, Apigenin: 16.33mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 564.26kcal (28.21%), Fat: 33.55g (51.61%), Saturated Fat: 10.94g (68.34%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 43.63g (15.86%), Sugar: 2.33g (2.59%), Cholesterol: 44.53mg (14.84%), Sodium: 350.33mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.85%), Vitamin K: 132.47µg (126.17%), Selenium: 40.63µg (58.04%), Manganese: 0.91mg (45.34%), Phosphorus: 389.28mg (38.93%), Calcium: 372.08mg (37.21%), Vitamin E: 5.24mg (34.92%), Vitamin A: 1077.6IU (21.55%), Magnesium: 81.47mg (20.37%), Vitamin B2: 0.3mg (17.43%), Copper: 0.32mg (16.05%), Fiber: 3.84g (15.37%), Vitamin C: 12.25mg (14.85%), Zinc: 2.04mg (13.61%), Iron: 2.3mg (12.76%), Potassium: 316.94mg (9.06%), Folate: 33.85µg (8.46%), Vitamin B3: 1.61mg (8.04%), Vitamin B6: 0.15mg (7.71%), Vitamin B1: 0.1mg (6.5%), Vitamin B12: 0.33µg (5.49%), Vitamin B5: 0.47mg (4.74%), Vitamin D: 0.25µg (1.64%)