



Spaghetti al Melone

READY IN



31 min.

SERVINGS



6

CALORIES



658 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground for seasoning
- 4 tablespoons butter unsalted diced at room temperature
- 2 pound cantaloupe peeled seeded cut into 1-inch pieces to yield 4 cups
- 1 cup heavy whipping cream
- 1 tablespoon kosher salt for seasoning
- 2 tablespoons juice of lemon fresh (from)
- 1.5 cups parmesan grated
- 1 pound spaghetti pasta
- 0.3 cup irish whiskey

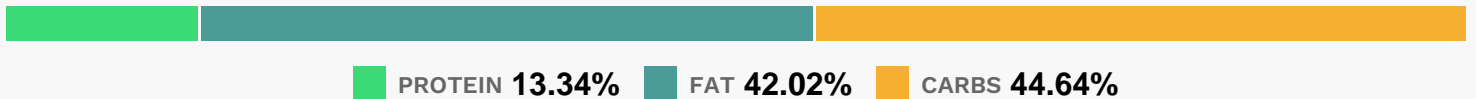
Equipment

- food processor
- bowl
- sauce pan
- pot

Directions

- Bring a large pot of salted water to a boil over high heat.
- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- Drain and place in a serving bowl.
- Add the Parmesan and toss well.
- Place the melon in a food processor and blend until chunky. Set aside.
- In a medium saucepan, heat the cream and butter over medium heat. Bring the mixture to a boil, reduce the heat, and simmer until the butter melts and the mixture is smooth, 2 minutes.
- Add the melon, whiskey, and lemon juice. Simmer until the mixture thickens, about 10 minutes. Stir in 1 tablespoon salt and 1 teaspoon pepper.
- Pour the sauce over the pasta and toss until coated. Season with salt and pepper, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:30.44, Inflammation Score:-10, Nutrition Score:21.63826094503%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 657.77kcal (32.89%), Fat: 29.78g (45.81%), Saturated Fat: 18.31g (114.44%), Carbohydrates: 71.19g (23.73%), Net Carbohydrates: 67.5g (24.55%), Sugar: 15.43g (17.15%), Cholesterol: 81.89mg (27.3%), Sodium: 1624.96mg (70.65%), Alcohol: 3.54g (100%), Alcohol %: 1.41% (100%), Protein: 21.28g (42.55%), Vitamin A: 6126.3IU (122.53%), Selenium: 57.27µg (81.82%), Manganese: 0.79mg (39.33%), Phosphorus: 368.29mg (36.83%), Calcium: 355.66mg (35.57%), Vitamin C: 18.65mg (22.61%), Magnesium: 74.3mg (18.58%), Copper: 0.37mg (18.31%), Zinc: 2.53mg (16.88%), Fiber: 3.69g (14.74%), Vitamin B2: 0.25mg (14.59%), Potassium: 476.59mg (13.62%), Vitamin B3: 2.44mg (12.21%), Vitamin B1: 0.16mg (10.83%), Vitamin B6: 0.21mg (10.38%), Iron: 1.84mg (10.2%), Folate: 39.42µg (9.86%), Vitamin B5: 0.72mg (7.18%), Vitamin K: 6.78µg (6.46%), Vitamin B12: 0.38µg (6.32%), Vitamin D: 0.9µg (6%), Vitamin E: 0.8mg (5.36%)