

food
network



HEALTH SCORE

59%

Spaghetti with Beef, Smoked Almonds and Basil



Very Healthy

READY IN



42 min.

SERVINGS



6

CALORIES



679 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup almonds smoked chopped
- ☐ 1 pound beef tenderloin steaks *see cook's note
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 cups basil leaves fresh packed
- ☐ 1 clove garlic chopped
- ☐ 2 teaspoons herbs de provence

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 6 servings olive oil extra-virgin for drizzling, plus 1/4 cup
- ☐ 0.5 cup parmesan freshly grated
- ☐ 1 pound spaghetti pasta

Equipment

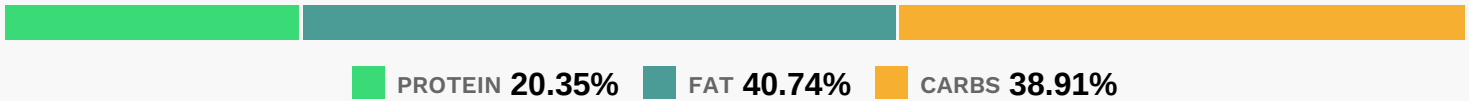
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Place an oven rack in the upper 1/3 of the oven. Preheat the oven to 450 degrees F.
- ☐ Place the steaks on a baking sheet and season with salt and pepper.
- ☐ Sprinkle the Herbes de Provence on both sides of the steaks and drizzle with olive oil. Roast for 10 to 12 minutes for medium-well.
- ☐ Let the steaks rest for 10 minutes.
- ☐ 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, about 8 to 10 minutes.
- ☐ Drain and reserve about 1 cup of the pasta water.
- ☐ In a food processor, combine the tomatoes, basil, garlic, lemon juice, lemon zest, and 1/4 cup olive oil. Process until the mixture is coarsely chopped.
- ☐ Place the cooked pasta, tomato mixture and smoked almonds in a large serving bowl. Toss well and thin out the sauce with a little pasta water, if needed. Season with salt and pepper, to taste.

Garnish with Parmesan cheese and chopped basil. Slice the steaks into 1/4-inch thick slices and serve alongside the pasta.

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:24.5, Inflammation Score:-8, Nutrition Score:30.330869354632%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 679.47kcal (33.97%), Fat: 30.99g (47.67%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 66.6g (22.2%), Net Carbohydrates: 60.25g (21.91%), Sugar: 6.08g (6.75%), Cholesterol: 54.05mg (18.02%), Sodium: 274.31mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.83g (69.67%), Selenium: 73.99µg (105.7%), Manganese: 1.39mg (69.61%), Vitamin K: 56.55µg (53.85%), Vitamin E: 7.92mg (52.77%), Phosphorus: 474.18mg (47.42%), Vitamin B3: 7.77mg (38.85%), Vitamin B6: 0.74mg (36.98%), Zinc: 5.15mg (34.32%), Magnesium: 130.5mg (32.62%), Copper: 0.63mg (31.67%), Iron: 4.64mg (25.8%), Fiber: 6.34g (25.37%), Vitamin B2: 0.41mg (24.25%), Potassium: 817.54mg (23.36%), Calcium: 227.62mg (22.76%), Vitamin B1: 0.22mg (14.9%), Vitamin A: 705.92IU (14.12%), Vitamin B12: 0.8µg (13.38%), Folate: 48.54µg (12.13%), Vitamin B5: 1.16mg (11.61%), Vitamin C: 9.54mg (11.56%)