



Spaghetti with Creamy Spinach and Tarragon

READY IN



45 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 5 ounces cream cheese cut into cubes
- 1.5 teaspoons tarragon dried
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon fresh-ground pepper black
- 0.3 cup parmesan cheese grated
- 0.8 teaspoon salt
- 3 scallions including tops green chopped
- 0.8 pound pasta like spaghetti

- 10 ounce prewashed spinach

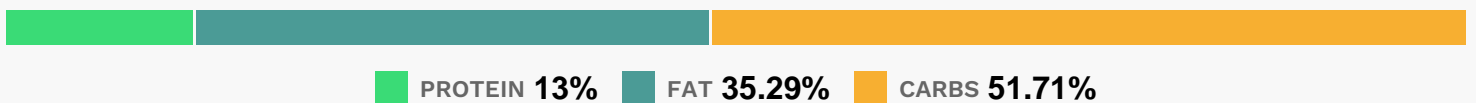
Equipment

- frying pan
- pot

Directions

- Remove any tough stems from the spinach. In a large frying pan, melt the butter over moderately low heat.
- Add the scallions and tarragon and cook for 2 minutes.
- Add the spinach and salt and stir until wilted. Simmer until the liquid evaporates from the spinach, about 5 minutes.
- In a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes. Reserve 1 cup of the pasta water.
- Drain the spaghetti and toss with 3/4 cup of the reserved pasta water, the spinach mixture, the cream cheese, parsley, Parmesan, and pepper. If the sauce seems too thick, add more of the reserved pasta water.
- Spinach Options: You can buy fresh spinach in various forms, depending on how hard you want to work.: Salad bar: Weigh out 10 ounces of spinach from your supermarket's salad bar, and you're ready to cook--no rinsing or stem removal required.: Prewashed bags: Supermarkets carry 10-ounce bags of spinach. This has been cleaned of all visible sand, but we would still give it one final rinse before cooking.: Bunches of fresh spinach: You will need 1 1/2 pounds to equal 10 ounces of packaged cleaned spinach.
- Remove the stems and then wash the leaves several times to get rid of the grit.
- Wine Recommendation: Chenin blanc grapes make a wine that is fruity but bursting with acidity--an excellent match for tarragon. Try either a bottle of Vouvray from France or one of chenin blanc from California.

Nutrition Facts



Properties

Glycemic Index:79.25, Glycemic Load:26.8, Inflammation Score:-10, Nutrition Score:29.563043509489%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 538.8kcal (26.94%), Fat: 21.27g (32.73%), Saturated Fat: 12.03g (75.18%), Carbohydrates: 70.14g (23.38%), Net Carbohydrates: 65.44g (23.8%), Sugar: 4.14g (4.6%), Cholesterol: 56.28mg (18.76%), Sodium: 765.85mg (33.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.25%), Vitamin K: 395.59µg (376.75%), Vitamin A: 7641.82IU (152.84%), Selenium: 59.87µg (85.52%), Manganese: 1.54mg (76.76%), Folate: 167.48µg (41.87%), Vitamin C: 24.64mg (29.87%), Phosphorus: 281.92mg (28.19%), Magnesium: 112.42mg (28.11%), Potassium: 707.07mg (20.2%), Iron: 3.62mg (20.12%), Calcium: 198.49mg (19.85%), Fiber: 4.7g (18.8%), Copper: 0.37mg (18.3%), Vitamin B2: 0.31mg (18.24%), Vitamin B6: 0.31mg (15.51%), Zinc: 2.12mg (14.13%), Vitamin E: 2.1mg (13.99%), Vitamin B3: 2.14mg (10.71%), Vitamin B1: 0.15mg (10.06%), Vitamin B5: 0.66mg (6.61%), Vitamin B12: 0.17µg (2.9%)