



Spaghetti with Ramps

READY IN



25 min.

SERVINGS



4

CALORIES



661 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings bread toasted
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan freshly grated
- ☐ 0.5 pound ramps
- ☐ 1 pound pasta like spaghetti

Equipment

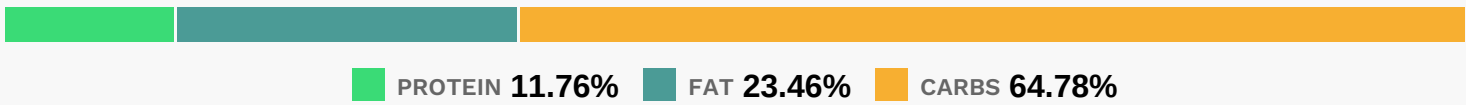
- ☐ ladle

- ☐ pot
- ☐ blender
- ☐ tongs
- ☐ colander
- ☐ cutting board

Directions

- ☐ Trim roots from ramps and slip off outer skin on bulbs if loose. Blanch ramps in a 6-quart pot of boiling salted water, 2 to 3 seconds, and transfer to a cutting board with tongs. Coarsely chop ramps and put in a blender with zest and oil.
- ☐ Add spaghetti to boiling water and cook a few minutes, then ladle out 1/2 cup pasta water and add to blender. Purée ramps until smooth and season with salt. Continue to cook spaghetti until al dente, then ladle out about 1 cup additional pasta water before draining spaghetti in a colander. Return pasta to pot with ramp purée and toss with parmesan over moderate heat 1 to 2 minutes, thinning sauce with a little pasta water as needed to coat pasta.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:41.21, Inflammation Score:-7, Nutrition Score:18.808695651267%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 661.39kcal (33.07%), Fat: 17.13g (26.35%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 106.42g (35.47%), Net Carbohydrates: 100.34g (36.49%), Sugar: 6.58g (7.32%), Cholesterol: 1.7mg (0.57%), Sodium: 179.59mg (7.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.32g (38.64%), Selenium: 80.3µg (114.71%), Manganese: 1.37mg (68.71%), Phosphorus: 267.85mg (26.79%), Fiber: 6.08g (24.31%), Iron: 3.7mg (20.58%), Vitamin A: 984.22IU (19.68%), Copper: 0.37mg (18.52%), Magnesium: 72.76mg (18.19%), Vitamin B3: 3.5mg (17.51%), Vitamin B1: 0.22mg (14.56%), Vitamin E: 2.13mg (14.19%), Zinc: 1.96mg (13.07%), Calcium: 123.24mg (12.32%), Folate: 44.45µg (11.11%), Vitamin B6: 0.2mg (9.76%), Vitamin K: 9.65µg (9.2%), Vitamin C: 7.5mg (9.1%), Vitamin B2: 0.15mg (8.66%), Potassium: 295.59mg (8.45%), Vitamin B5: 0.73mg (7.31%)