



Spaghetti with Scallion Sauce

READY IN



35 min.

SERVINGS



6

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 garlic clove finely chopped
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan finely grated
- ☐ 0.8 teaspoon salt
- ☐ 4 cups spring onion chopped (from 4 bunches)
- ☐ 1 lb pasta like spaghetti

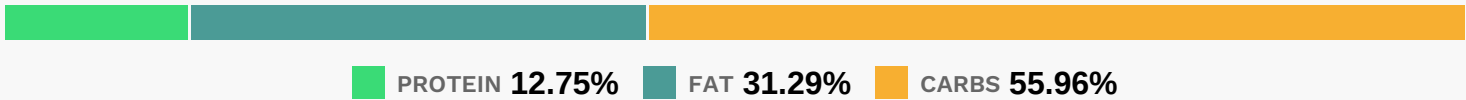
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Cook spaghetti in a 6- to 8-quart pot of boiling salted water until al dente.
- ☐ While pasta cooks, heat 3 tablespoons olive oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook scallions and garlic, stirring occasionally, until scallions are softened and garlic begins to turn golden, about 5 minutes.
- ☐ Transfer scallion mixture to a blender and add zest, salt, pepper, remaining olive oil, and 1/2 cup pasta-cooking water, then purée until smooth. (Use caution when blending hot liquids.)
- ☐ Drain pasta in a colander and return to pot.
- ☐ Toss pasta with scallion purée, cheese, and salt and pepper to taste over moderate heat until pasta is well coated.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:23.89, Inflammation Score:-7, Nutrition Score:18.647391222093%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg, Quercetin: 7.14mg

Nutrients (% of daily need)

Calories: 442.62kcal (22.13%), Fat: 15.43g (23.74%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 62.1g (20.7%), Net Carbohydrates: 57.85g (21.04%), Sugar: 3.66g (4.07%), Cholesterol: 5.67mg (1.89%), Sodium: 439.85mg (19.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.29%), Vitamin K: 145.73µg (138.79%),

Selenium: 50.21µg (71.72%), Manganese: 0.84mg (42.01%), Phosphorus: 227.21mg (22.72%), Fiber: 4.25g (17%), Calcium: 165.84mg (16.58%), Vitamin C: 13.28mg (16.09%), Vitamin E: 2.2mg (14.66%), Vitamin A: 730.92IU (14.62%), Magnesium: 57.66mg (14.41%), Folate: 56.96µg (14.24%), Copper: 0.28mg (14.11%), Iron: 2.14mg (11.91%), Potassium: 367.19mg (10.49%), Zinc: 1.57mg (10.47%), Vitamin B6: 0.17mg (8.45%), Vitamin B3: 1.67mg (8.34%), Vitamin B2: 0.13mg (7.53%), Vitamin B1: 0.11mg (7.36%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.1µg (1.67%)