



Spaghetti with walnuts, raisins & parsley

READY IN



25 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g pasta like spaghetti
- ☐ 2 tbsp olive oil
- ☐ 2 onion sliced
- ☐ 5 tbsp golden raisins
- ☐ 250 ml vegetable stock
- ☐ 50 g parmesan grated
- ☐ 5 tbsp walnut pieces chopped
- ☐ 1 small bunch flat parsley finely chopped

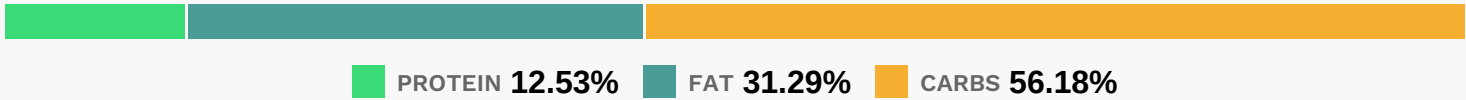
Equipment

☐ frying pan

Directions

- ☐ Cook the pasta in boiling water, following pack instructions. Meanwhile, heat the oil in a frying pan and cook the onions until soft and golden brown about 8–10 mins.
- ☐ Add the raisins and stock and cook for 2–3 mins until hot through. Toss with the pasta, Parmesan, walnuts and parsley.

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:32.45, Inflammation Score:-9, Nutrition Score:23.498260680748%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg

Nutrients (% of daily need)

Calories: 557.74kcal (27.89%), Fat: 19.77g (30.41%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 79.86g (26.62%), Net Carbohydrates: 74.47g (27.08%), Sugar: 16.51g (18.34%), Cholesterol: 8.5mg (2.83%), Sodium: 465.89mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.63%), Vitamin K: 239.42µg (228.01%), Selenium: 51.25µg (73.21%), Manganese: 1.27mg (63.42%), Phosphorus: 317.53mg (31.75%), Vitamin C: 23.78mg (28.83%), Vitamin A: 1433.88IU (28.68%), Copper: 0.53mg (26.51%), Calcium: 218.32mg (21.83%), Fiber: 5.39g (21.57%), Magnesium: 84.19mg (21.05%), Vitamin B6: 0.32mg (16.22%), Iron: 2.82mg (15.64%), Potassium: 533.07mg (15.23%), Folate: 59.3µg (14.82%), Zinc: 2.09mg (13.96%), Vitamin B1: 0.15mg (10.27%), Vitamin B2: 0.17mg (9.99%), Vitamin B3: 1.91mg (9.57%), Vitamin E: 1.35mg (8.97%), Vitamin B5: 0.6mg (6.02%), Vitamin B12: 0.15µg (2.5%)