



Spaghettini with Fish Roe Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 2 servings spring onion chopped
- 0.5 teaspoon kombu
- 1 leaves mint leaves fresh to taste
- 2 servings nori seaweed to taste
- 2 servings soya sauce
- 6 oz spaghettini uncooked

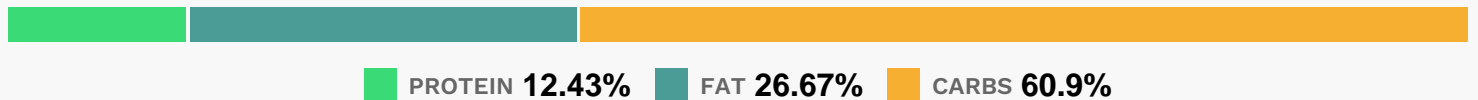
Equipment

frying pan

Directions

- Boil the spaghetti in a pan of salted water until al dente.
- Soften the butter and beat until creamy.
- Remove the thin membrane from the mentaiko and mix the roe with the butter.
- Finely shred the dried seaweed (nori) and the shiso leaves.
- When the spaghetti is cooked, drain well. Immediately mix with the mentaiko and the butter and season with kombu cha powder and soy sauce.
- Put onto a serving plate, sprinkle the dried seaweed and shiso leaves on top and garnish with green onions or chives.
- Mentaiko is quite difficult to substitute. Its unique taste comes from the salting process and chili. Kombu cha powder may also be hard to substitute, but you can make something similar with a little strong fish stock.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:25.75, Inflammation Score:-5, Nutrition Score:12.182608470969%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 429.53kcal (21.48%), Fat: 12.68g (19.5%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 65.13g (21.71%), Net Carbohydrates: 62.09g (22.58%), Sugar: 2.74g (3.04%), Cholesterol: 30.1mg (10.03%), Sodium: 1104.92mg (48.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Selenium: 54.09µg (77.27%), Manganese: 0.89mg (44.6%), Phosphorus: 190.84mg (19.08%), Copper: 0.28mg (13.97%), Magnesium: 55.29mg (13.82%), Vitamin K: 14.34µg (13.66%), Fiber: 3.04g (12.17%), Vitamin B3: 2.22mg (11.08%), Iron: 1.68mg (9.33%), Vitamin A: 464.19IU (9.28%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.16mg (8.12%), Potassium: 252.54mg (7.22%), Folate: 26.52µg (6.63%), Vitamin B1: 0.09mg (6.19%), Vitamin B2: 0.09mg (5.55%), Vitamin B5: 0.47mg (4.67%), Calcium: 31.97mg (3.2%), Vitamin E: 0.47mg (3.15%), Vitamin C: 1.56mg (1.89%)