



Spicy Red-Wine Spaghetti

 Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 cup flat-leaf parsley leaves fresh chopped
- ☐ 3 large cloves garlic chopped
- ☐ 4 ounces coarsely goat cheese crumbled
- ☐ 6 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 large shallots halved thinly sliced into strips

- ☐ 1 pound pasta like spaghetti
- ☐ 1 tablespoon tomato paste
- ☐ 750 ml red wine

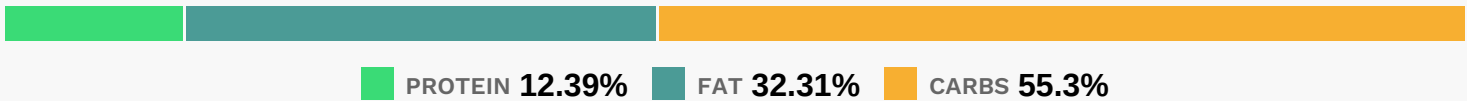
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to the boil.
- ☐ Add the pasta and cook for 6 minutes, stirring pasta occasionally, until par-cooked.
- ☐ Drain and reserve the pasta water.
- ☐ In a 12-inch nonstick skillet, heat the olive oil over medium-high heat.
- ☐ Add the garlic, shallots, crushed red pepper flakes and 1 teaspoon salt. Cook until the garlic becomes fragrant, 1 to 2 minutes.
- ☐ Add the wine and tomato paste. Bring to a simmer over medium-high heat. Reduce the heat to medium and simmer gently for 3 minutes.
- ☐ Add the pasta to the skillet. Cook, stirring frequently, until almost all of the wine is absorbed and the pasta is tender but still firm to the bite, about 5 minutes (if the pasta mixture is too dry, add pasta cooking water 1/4 cup at a time).
- ☐ Stir in the butter and 1 teaspoon salt. Increase the heat, and toss until the wine sauce thickens enough to coat the pasta, about 1 minute. Toss to blend.
- ☐ Add the parsley and goat cheese and serve.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:23.2, Inflammation Score:-7, Nutrition Score:13.759130464948%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 545.17kcal (27.26%), Fat: 16.09g (24.75%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 59.13g (21.5%), Sugar: 2.89g (3.21%), Cholesterol: 13.71mg (4.57%), Sodium: 309.02mg (13.44%), Alcohol: 13.84g (100%), Alcohol %: 7.25% (100%), Protein: 13.88g (27.75%), Selenium: 48.77µg (69.67%), Vitamin K: 47.54µg (45.27%), Manganese: 0.76mg (38.24%), Phosphorus: 200.78mg (20.08%), Copper: 0.38mg (19.01%), Magnesium: 47.01mg (11.75%), Fiber: 2.83g (11.34%), Vitamin E: 1.67mg (11.11%), Vitamin A: 554.53IU (11.09%), Vitamin B6: 0.2mg (9.96%), Iron: 1.73mg (9.63%), Zinc: 1.33mg (8.85%), Vitamin B3: 1.52mg (7.6%), Vitamin B2: 0.13mg (7.56%), Potassium: 238.26mg (6.81%), Vitamin B1: 0.09mg (6.07%), Vitamin C: 4.71mg (5.71%), Folate: 21.57µg (5.39%), Calcium: 52.32mg (5.23%), Vitamin B5: 0.49mg (4.93%)