



WHATSheATE



Spicy Spinach Linguine with Olive Oil and Garlic

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup wine dry white
- ☐ 1 cup basil fresh divided chopped
- ☐ 4 garlic clove minced
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups pecorino cheese divided grated
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 12 ounces pkt spinach

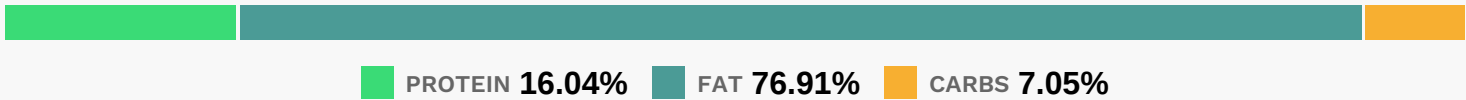
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook linguine in large pot of boiling salted water until just tender but still firm to bite.
- ☐ Drain, reserving 1 cup pasta cooking liquid. Return pasta to same pot.
- ☐ Meanwhile, heat olive oil in heavy large skillet over medium-high heat.
- ☐ Add 1/2 cup basil, garlic, and crushed red pepper; stir 1 minute.
- ☐ Add wine and boil until slightly reduced, about 3 minutes.
- ☐ Add mixture from skillet, remaining 1/2 cup basil, and 3/4 cup cheese to pasta. Toss over medium heat until sauce coats pasta, adding reserved pasta liquid by 1/4 cupfuls if dry. Season with salt and pepper.
- ☐ Transfer to bowl.
- ☐ Sprinkle with remaining 3/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:25.355652197548%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 381.48kcal (19.07%), Fat: 31.52g (48.5%), Saturated Fat: 9.38g (58.63%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 4.39g (1.6%), Sugar: 0.98g (1.09%), Cholesterol: 39mg (13%), Sodium: 523.96mg (22.78%), Alcohol: 3.09g (100%), Alcohol %: 2.14% (100%), Protein: 14.79g (29.58%), Vitamin K: 449.59µg (428.18%), Vitamin A: 8521.52IU (170.43%), Calcium: 502.98mg (50.3%), Manganese: 0.93mg (46.44%), Folate: 172.16µg (43.04%), Phosphorus: 340.77mg (34.08%), Vitamin E: 4.98mg (33.22%), Vitamin C: 25.92mg (31.41%), Magnesium: 90.53mg (22.63%), Vitamin B2: 0.31mg (18.48%), Iron: 3.08mg (17.09%), Potassium: 562.94mg (16.08%), Vitamin B6: 0.26mg (13.22%), Zinc: 1.55mg (10.32%), Selenium: 6.81µg (9.73%), Fiber: 2.12g (8.47%), Copper: 0.16mg (7.88%), Vitamin B12: 0.42µg (7%), Vitamin B1: 0.09mg (6.03%), Vitamin B3: 0.78mg (3.91%), Vitamin B5: 0.26mg (2.6%), Vitamin D: 0.19µg (1.25%)