



Spring Onion Linguine with Lemon Slices Kalamata & Rosemary

READY IN



120 min.

SERVINGS



4

CALORIES



725 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 clove garlic minced peeled
- ☐ 1 cup kalamata olives pitted halved lengthwise (i use lindsay)
- ☐ 4 servings lemon wedges to taste
- ☐ 1 pound pasta dried ribbon style
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings parmesan cheese grated to taste
- ☐ 1 tablespoon rosemary leaves minced
- ☐ 1.5 teaspoon sea salt

☐ 2 pound onions sweet peeled thinly sliced into rounds

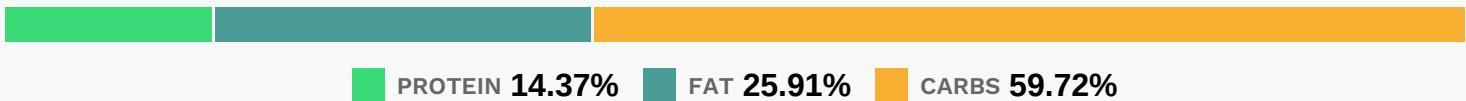
Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Toss the onions with the olive oil and sea salt.
- ☐ Add the garlic, olives, rosemary and lemon slices, followed by the white wine. Set aside to let the onions soften and “weep” their moisture about ½ hour. Preheat oven to 350 degrees F.
- ☐ Spread the juicy onion mixture about 1 ½ inches deep in a large, flameproof baking dish (such as a 10- by 14-inch lasagna pan). The liquid should be about ½ inch deep; if not, add a little water. Cover tightly with a lid or a layer of foil.
- ☐ Bake about 1 ½ hours, Stirring the mixture about halfway through and then recovering the dish. Pull the onions from the oven and set aside covered while you boil the pasta in salted water according to package instructions.
- ☐ Drain the pasta and return it to the same pot it was boiled in.
- ☐ Add the onions and all of its liquid. If necessary add a scant ½ cup of pasta water if necessary. Turn the pasta out onto a serving platter garnished with lemon wedges and parmesan cheese to taste.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:34.55, Inflammation Score:-9, Nutrition Score:23.115652105083%

Flavonoids

Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg

Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg Quercetin: 33.02mg, Quercetin: 33.02mg, Quercetin: 33.02mg, Quercetin: 33.02mg

Nutrients (% of daily need)

Calories: 724.91kcal (36.25%), Fat: 20.96g (32.24%), Saturated Fat: 6.44g (40.22%), Carbohydrates: 108.72g (36.24%), Net Carbohydrates: 101.6g (36.94%), Sugar: 14.69g (16.32%), Cholesterol: 26.1mg (8.7%), Sodium: 1949.65mg (84.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Selenium: 84.27µg (120.39%), Manganese: 1.32mg (66.24%), Phosphorus: 474.5mg (47.45%), Calcium: 367.32mg (36.73%), Fiber: 7.12g (28.48%), Vitamin B6: 0.56mg (27.8%), Copper: 0.52mg (26.22%), Magnesium: 97.05mg (24.26%), Zinc: 3.28mg (21.85%), Folate: 77.17µg (19.29%), Potassium: 616.57mg (17.62%), Vitamin E: 2.39mg (15.94%), Vitamin C: 13.13mg (15.91%), Vitamin B1: 0.22mg (14.81%), Iron: 2.63mg (14.61%), Vitamin B2: 0.23mg (13.33%), Vitamin B3: 2.37mg (11.85%), Vitamin B5: 0.85mg (8.45%), Vitamin A: 410.67IU (8.21%), Vitamin B12: 0.41µg (6.75%), Vitamin K: 5.1µg (4.86%)