



Spring vegetable tagliatelle with lemon & chive sauce

READY IN



27 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 450 g green beans mixed
- ☐ 400 g tagliatelle
- ☐ 1 optional: lemon
- ☐ 1 tbsp dijon mustard
- ☐ 1 tbsp olive oil
- ☐ 3 tbsp chives snipped
- ☐ 4 servings parmesan grated (or vegetarian alternative)

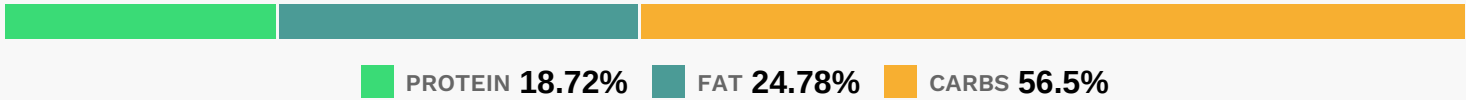
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Halve the green beans and cut the asparagus into 3 pieces on the diagonal. Cook the tagliatelle, adding the vegetables for the final 5 mins of the cooking time.
- ☐ Meanwhile, grate the zest from half the lemon and squeeze the juice from the whole lemon. Put juice in a small pan with the mustard, olive oil and a little black pepper. Warm through until smooth.
- ☐ Drain the pasta and veg, adding 4 tbsp of the water to the lemon sauce. Return the pasta to the pan, reheat the sauce, adding most of the chives, then add to the pasta, tossing everything together well. Divide between 4 shallow bowls and top each with black pepper, Parmesan and the remaining chives.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:32.86, Inflammation Score:-8, Nutrition Score:27.239565393199%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 578.21kcal (28.91%), Fat: 16.16g (24.86%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 82.89g (27.63%), Net Carbohydrates: 75.58g (27.48%), Sugar: 6.56g (7.29%), Cholesterol: 104.4mg (34.8%), Sodium: 550.28mg (23.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.95%), Selenium: 87.63µg (125.18%), Manganese: 1.14mg (56.81%), Vitamin K: 56.34µg (53.66%), Phosphorus: 501.63mg (50.16%), Calcium: 443.31mg

(44.33%), Vitamin C: 29.36mg (35.58%), Fiber: 7.31g (29.24%), Magnesium: 104.23mg (26.06%), Vitamin A: 1179.09IU (23.58%), Vitamin B6: 0.43mg (21.46%), Zinc: 3.07mg (20.45%), Copper: 0.4mg (20.03%), Iron: 3.58mg (19.9%), Vitamin B1: 0.29mg (19.57%), Vitamin B2: 0.32mg (18.65%), Folate: 73.82µg (18.45%), Potassium: 558.55mg (15.96%), Vitamin B3: 3.07mg (15.35%), Vitamin B5: 1.37mg (13.71%), Vitamin B12: 0.65µg (10.83%), Vitamin E: 1.46mg (9.73%), Vitamin D: 0.45µg (3%)