



St. Patrick's Linguine

READY IN



35 min.

SERVINGS



6

CALORIES



896 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup cabbage diced
- 1 tablespoon canola oil
- 0.3 cup carrots diced
- 2 cups irish cheddar white extra-sharp grated
- 2 cups corned beef ribs shredded cooked sliced
- 1 tablespoon dijon mustard
- 0.8 cup peas fresh frozen
- 1 teaspoon garlic minced
- 1.5 cups half-and-half

- 1.5 cups heavy cream
- 1 tablespoon horseradish prepared
- 1 pound linguini cooked
- 0.3 cup parmesan grated
- 1 teaspoon freshly cracked pepper black
- 1 tablespoon shallots minced
- 2 tablespoons butter unsalted
- 0.3 cup white wine
- 1 tablespoon whole-grain mustard

Equipment

- frying pan

Directions

- Watch how to make this recipe.
- In a large saute pan over medium-high heat, add the butter and 1 tablespoon canola oil.
- Add the carrots and cabbage and saute until they are just tender and the cabbage is starting to caramelize, about 20 minutes. Stir in the shallots and garlic and saute 3 to 4 minutes longer.
- Add the corned beef and black pepper and cook until the beef is starting to crisp, about 10 minutes. Stir occasionally during this process. Deglaze the pan with the white wine.
- Add in the cream, half- and-half, the mustards and the horseradish.
- Let simmer until the sauce has tightened up a bit, about 5 minutes. Stir in the shredded cheese and adjust seasonings, as needed. Stir in the peas and the pasta, then transfer into a serving dish.
- Serve immediately garnished with the Parmesan.

Nutrition Facts



PROTEIN 13.83% FAT 56.04% CARBS 30.13%

Properties

Glycemic Index:72.86, Glycemic Load:24.3, Inflammation Score:-9, Nutrition Score:26.221304395924%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 895.72kcal (44.79%), Fat: 55.49g (85.37%), Saturated Fat: 30.45g (190.33%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 62.77g (22.83%), Sugar: 8.57g (9.53%), Cholesterol: 159.28mg (53.09%), Sodium: 902.55mg (39.24%), Alcohol: 1.03g (100%), Alcohol %: 0.39% (100%), Protein: 30.82g (61.63%), Selenium: 72.55µg (103.65%), Vitamin A: 2662.01IU (53.24%), Phosphorus: 516.23mg (51.62%), Calcium: 458.68mg (45.87%), Manganese: 0.9mg (44.94%), Vitamin B2: 0.55mg (32.58%), Zinc: 4.36mg (29.06%), Vitamin C: 23.84mg (28.89%), Vitamin B12: 1.34µg (22.3%), Magnesium: 80.79mg (20.2%), Vitamin K: 20.51µg (19.54%), Vitamin B6: 0.37mg (18.66%), Fiber: 4.34g (17.36%), Copper: 0.34mg (16.79%), Vitamin B3: 3.32mg (16.59%), Potassium: 564.67mg (16.13%), Vitamin B1: 0.2mg (13.23%), Iron: 2.32mg (12.89%), Folate: 48.35µg (12.09%), Vitamin B5: 1.14mg (11.39%), Vitamin E: 1.69mg (11.26%), Vitamin D: 1.27µg (8.46%)