



Strozzapreti with Spinach and Preserved Lemon

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

SIDE DISH

Ingredients

- 8 cups flat parsley divided trimmed
- 1 garlic clove crushed
- 4 servings pepper freshly ground
- 1 tablespoon juice of lemon fresh ()
- 1 tablespoon simple preserved lemons thinly sliced ()
- 1 teaspoon lemon zest finely grated
- 2 tablespoons olive oil

- 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- 0.5 teaspoon pepper red divided crushed
- 8 tablespoons butter unsalted divided (1 stick)

Equipment

- frying pan
- paper towels
- pot

Directions

- Heat oil and 2 tablespoons butter in a large skillet over medium heat until butter is foaming.
- Add garlic and 1/4 teaspoon red pepper flakes; cook, stirring often, until fragrant, about 1 minute.
- Add panko and cook, stirring often, until panko is golden brown, about 2 minutes.
- Mix in lemon zest and transfer panko to a paper towel-lined plate; season with salt and pepper.
- Let cool; set aside. Wipe out skillet.
- Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente (about 5 minutes for fresh pasta).
- Drain.
- Meanwhile, heat remaining 6 tablespoons butter in same skillet over medium heat. Cook, swirling skillet occasionally, until butter is brown, about 3 minutes.
- Add 1 bunch spinach; cook, tossing, until wilted, about 1 minute.
- Add pasta to skillet and toss to coat.
- Add lemon juice, preserved lemon peel, and remaining 1/4 teaspoon red pepper flakes and toss to combine; season with salt, pepper, and more lemon juice and preserved lemon peel, if desired.
- Add remaining spinach and toss until slightly wilted, about 1 minute.
- Serve pasta topped with reserved panko.
- DO AHEAD: Panko can be toasted 1 day ahead. Store airtight at room temperature.

Nutrition Facts

PROTEIN 5.89% FAT 76.16% CARBS 17.95%

Properties

Glycemic Index:23.5, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:25.795652037082%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 258.56mg, Apigenin: 258.56mg, Apigenin: 258.56mg, Apigenin: 258.56mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 17.82mg, Myricetin: 17.82mg, Myricetin: 17.82mg, Myricetin: 17.82mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 354.48kcal (17.72%), Fat: 31.32g (48.18%), Saturated Fat: 15.66g (97.85%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 11.83g (4.3%), Sugar: 1.99g (2.22%), Cholesterol: 60.2mg (20.07%), Sodium: 157.09mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Vitamin K: 1975.36µg (1881.29%), Vitamin A: 10883.73IU (217.67%), Vitamin C: 161.93mg (196.28%), Folate: 196.2µg (49.05%), Iron: 8.1mg (45%), Potassium: 707.51mg (20.21%), Calcium: 196.5mg (19.65%), Fiber: 4.83g (19.33%), Vitamin E: 2.67mg (17.8%), Magnesium: 66.43mg (16.61%), Manganese: 0.33mg (16.33%), Vitamin B1: 0.22mg (14.45%), Vitamin B3: 2.37mg (11.85%), Copper: 0.22mg (10.95%), Vitamin B2: 0.18mg (10.4%), Zinc: 1.5mg (9.97%), Phosphorus: 97.3mg (9.73%), Vitamin B6: 0.14mg (6.99%), Vitamin B5: 0.59mg (5.87%), Selenium: 3.4µg (4.86%), Vitamin D: 0.42µg (2.8%), Vitamin B12: 0.09µg (1.45%)