



Sweet Potato Fettuccine



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4 servings parsley fresh
- ☐ 0.5 cup pecans
- ☐ 1 lb sweet potatoes and into

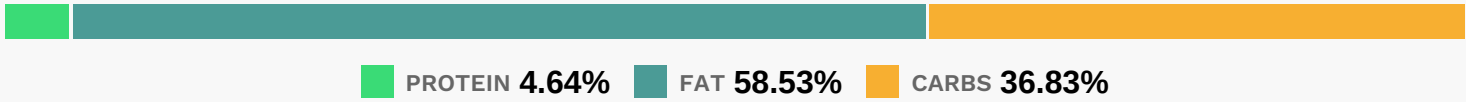
Equipment

- ☐ frying pan
- ☐ mandoline
- ☐ cutting board

Directions

- ☐ Peel sweet potato, and cut lengthwise into 1/8-inch-thick slices using a mandoline. Stack 4 to 6 potato slices on a cutting board; cut lengthwise into 1/4-inch-wide strips. Repeat procedure with remaining slices.
- ☐ Melt butter in a large skillet over medium heat; add potato strips, and saut 6 to 8 minutes or until al dente. (Don't overcook strips or they will fall apart.)
- ☐ Add 1/2 cup Pecan Gremolata, and toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:11.36, Inflammation Score:-10, Nutrition Score:15.779565191787%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 259.76kcal (12.99%), Fat: 17.51g (26.94%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 20.07g (7.3%), Sugar: 5.27g (5.86%), Cholesterol: 22.58mg (7.53%), Sodium: 132.12mg (5.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin A: 16694.07IU (333.88%), Vitamin K: 68.81µg (65.53%), Manganese: 0.86mg (42.79%), Fiber: 4.72g (18.89%), Copper: 0.33mg (16.28%), Vitamin B6: 0.27mg (13.35%), Potassium: 457.57mg (13.07%), Vitamin B1: 0.17mg (11.61%), Magnesium: 45.53mg (11.38%), Vitamin B5: 1.04mg (10.42%), Vitamin C: 8.18mg (9.91%), Phosphorus: 92.42mg (9.24%), Iron: 1.25mg (6.97%), Zinc: 0.95mg (6.35%), Vitamin B2: 0.09mg (5.46%), Folate: 21.59µg (5.4%), Calcium: 50.72mg (5.07%), Vitamin E: 0.74mg (4.94%), Vitamin B3: 0.83mg (4.17%), Selenium: 1.26µg (1.8%)