



Tagliarelle with Truffle Butter

READY IN



10 min.

SERVINGS



2

CALORIES



1000 kcal

Ingredients

- 2 servings pepper black freshly ground
- 3 ounces butter white
- 3 tablespoons chives fresh chopped
- 0.5 cup cup heavy whipping cream
- 2 servings kosher salt
- 3 ounces savory vegetable with a vegetable peeler shaved thin
- 8.8 ounce soup noodles dried

Equipment

- bowl

frying pan

pot

Directions

Add 1 tablespoon salt to a large pot of water and bring to a boil.

Meanwhile, in a large (12-inch) saute pan, heat the cream over medium heat until it comes to a simmer.

Add the truffle butter, 1 teaspoon salt, and 1/2 teaspoon pepper, lower the heat to very low, and swirl the butter until it melts. Keep warm over very low heat.

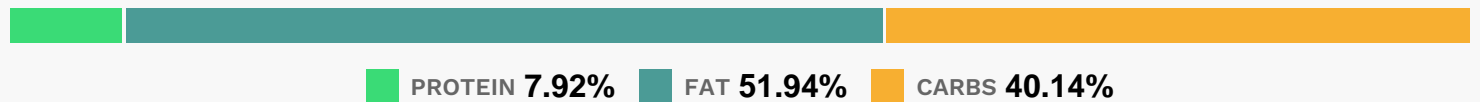
Add the pasta to the boiling water and cook for 3 minutes, exactly. (If you're not using Cipriani pasta, follow the directions on the package.) When the pasta is cooked, reserve 1/2 cup of the cooking water, then drain the pasta.

Add the drained pasta to the saute pan and toss it with the truffle-cream mixture. As the pasta absorbs the sauce, add as much of the reserved cooking water as necessary to keep the pasta very creamy.

Serve the pasta in shallow bowls and garnish each serving with a generous sprinkling of chives and shaved Parmesan.

Sprinkle with salt and pepper and serve at once.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:39.4, Inflammation Score:-10, Nutrition Score:22.140434783438%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 999.84kcal (49.99%), Fat: 58.11g (89.4%), Saturated Fat: 35.94g (224.62%), Carbohydrates: 101.05g (33.68%), Net Carbohydrates: 95.21g (34.62%), Sugar: 5.18g (5.76%), Cholesterol: 158.66mg (52.89%), Sodium: 510.93mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.86%), Selenium: 81.44µg

(116.34%), Vitamin A: 4293.15IU (85.86%), Manganese: 1.28mg (64.04%), Phosphorus: 308.86mg (30.89%), Fiber: 5.84g (23.36%), Magnesium: 83.55mg (20.89%), Copper: 0.42mg (20.8%), Zinc: 2.16mg (14.41%), Vitamin B2: 0.24mg (14.28%), Vitamin K: 14.75µg (14.05%), Vitamin B3: 2.74mg (13.72%), Potassium: 450.37mg (12.87%), Vitamin B6: 0.25mg (12.35%), Vitamin B1: 0.18mg (12.14%), Iron: 2.18mg (12.11%), Vitamin E: 1.68mg (11.21%), Folate: 43.23µg (10.81%), Calcium: 91.06mg (9.11%), Vitamin C: 7.39mg (8.96%), Vitamin B5: 0.82mg (8.23%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.17µg (2.79%)