



Tagliatelle with Baby Vegetables and Lemon-Parmesan Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



551 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces baby zucchini trimmed halved lengthwise
- ☐ 8.8 ounce tagliatelle
- ☐ 3 cups green beans frozen thawed
- ☐ 0.3 cup heavy whipping cream
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.3 cups parmesan cheese finely grated plus more for passing

☐ 1 medium onion white halved thinly sliced

Equipment

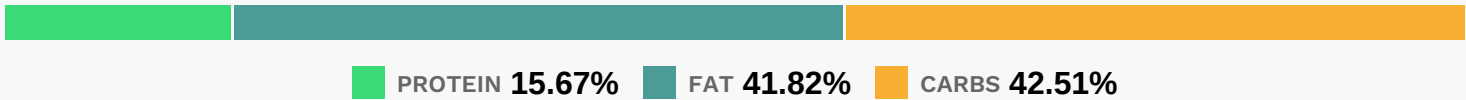
☐ frying pan

☐ pot

Directions

- ☐ Cook pasta in large pot of boiling saltedwater until just tender.
- ☐ Drain, reserving2 cups cooking liquid. Return pasta to pot.
- ☐ Meanwhile, heat oil in large skillet overmedium heat.
- ☐ Add onion and zucchini;sprinkle with salt and pepper. Sauté untilzucchini is almost tender, about 8 minutes.
- ☐ Add beans and lemon peel. Toss 1 minute.
- ☐ Scrape contents of skillet over pasta inpot.
- ☐ Add 1 1/4 cups Parmesan cheese, cream,lemon juice, and 1 cup reserved cookingliquid.
- ☐ Place over medium-high heat andtoss until heated through and sauce coatspasta, adding more reserved pasta liquidby 1/4 cupfuls to moisten as needed. Season to taste with salt and pepper.
- ☐ Serve,passing additional cheese separately.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:20.84, Inflammation Score:-8, Nutrition Score:24.656086735103%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.87mg, Quercetin: 7.87mg,
Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 551.39kcal (27.57%), Fat: 26.14g (40.22%), Saturated Fat: 11.21g (70.07%), Carbohydrates: 59.78g (19.93%),
Net Carbohydrates: 54.27g (19.73%), Sugar: 5.91g (6.56%), Cholesterol: 101.99mg (34%), Sodium: 573.37mg
(24.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.08%), Selenium: 61.5µg (87.85%),
Phosphorus: 452.86mg (45.29%), Manganese: 0.89mg (44.3%), Vitamin C: 36.47mg (44.21%), Vitamin K: 41.28µg
(39.31%), Calcium: 361.9mg (36.19%), Vitamin A: 1449.22IU (28.98%), Magnesium: 91.3mg (22.82%), Zinc: 3.32mg
(22.14%), Fiber: 5.51g (22.04%), Potassium: 714.32mg (20.41%), Vitamin B6: 0.4mg (20.14%), Vitamin B2: 0.32mg
(18.65%), Folate: 66.55µg (16.64%), Copper: 0.32mg (16.25%), Iron: 2.76mg (15.31%), Vitamin B1: 0.23mg (15.03%),
Vitamin E: 1.94mg (12.94%), Vitamin B3: 2.4mg (11.98%), Vitamin B5: 1.16mg (11.64%), Vitamin B12: 0.63µg (10.57%),
Vitamin D: 0.66µg (4.4%)