



## Tagliatelle with Lemon

READY IN



45 min.

SERVINGS



4

CALORIES



584 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 ounces crème fraîche
- 4 optional: lemon
- 1 tablespoon olive oil
- 4 ounces parmesan
- 4 servings salt and pepper freshly ground
- 12 ounces tagliatelle

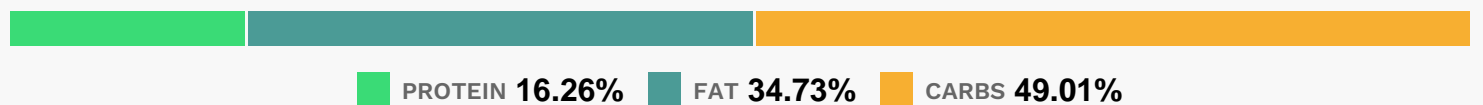
### Equipment

- sauce pan

# Directions

- Cook the tagliatelle in boiling salted water until al dente.
- Drain.
- While the pasta is cooking, grate the zest of lemons and squeeze and reserve the juice of 1 lemon.
- In a saucepan, warm up the olive oil, add the zest, and cook over low flame for 2 minutes.
- Add the crème fraîche and bring to a boil; pour in the reserved lemon juice and bring to a boil again.
- When the cream starts to thicken, add the Parmesan, season to taste, mix well, and cook for another minute.
- Add the drained pasta and toss to mix.
- Serve immediately.
- Taste
- Book, using the USDA Nutrition Database
- From *When French Women Cook* by Madeleine Kamman, ©2004 by Madeleine Kamman. Published by Ten Speed Press. Madeleine Kamman was born in Paris and started her culinary career in 1940 at her aunt's restaurant in the Touraine region of France. A revered culinary instructor since 1962, Kamman has written two other books: *Dinner Against the Clock* and *The New Making of a Cook*.

## Nutrition Facts



## Properties

Glycemic Index:24.13, Glycemic Load:27.48, Inflammation Score:-7, Nutrition Score:22.313043552896%

## Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 584.17kcal (29.21%), Fat: 23.17g (35.65%), Saturated Fat: 10.48g (65.47%), Carbohydrates: 73.56g (24.52%), Net Carbohydrates: 67.73g (24.63%), Sugar: 5.98g (6.64%), Cholesterol: 115.81mg (38.6%), Sodium: 681.22mg (29.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.81%), Selenium: 75.4µg (107.72%), Vitamin C: 57.62mg (69.85%), Phosphorus: 451.31mg (45.13%), Calcium: 436.61mg (43.66%), Manganese: 0.77mg (38.52%), Fiber: 5.83g (23.32%), Magnesium: 74.7mg (18.67%), Zinc: 2.62mg (17.45%), Vitamin B6: 0.31mg (15.67%), Vitamin B2: 0.26mg (15.51%), Copper: 0.31mg (15.47%), Iron: 2.55mg (14.15%), Vitamin B1: 0.21mg (13.82%), Vitamin B5: 1.25mg (12.52%), Potassium: 435.87mg (12.45%), Vitamin B12: 0.68µg (11.27%), Vitamin A: 562.83IU (11.26%), Folate: 41.08µg (10.27%), Vitamin B3: 2.01mg (10.05%), Vitamin E: 1.2mg (8.03%), Vitamin K: 3.65µg (3.48%), Vitamin D: 0.4µg (2.65%)