



## Tagliatelle with Nettle and Pine Nut Sauce

READY IN



50 min.

SERVINGS



4

CALORIES



708 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1.5 teaspoons kosher salt
- ☐ 1 pound stinging nettles (with stems and ribs removed, plus 1 lb. baby spinach leaves) coarsely chopped
- ☐ 0.8 cup parmesan cheese (grated)
- ☐ 12 ounces tagliatelle pasta
- ☐ 0.7 cup pinenuts (toasted)
- ☐ 0.3 cup butter (unsalted)

### Equipment

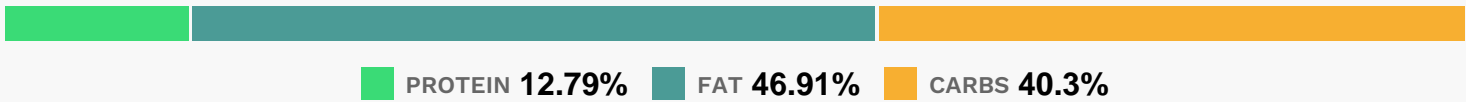
- ☐ food processor

- ☐ bowl
- ☐ whisk
- ☐ pot

## Directions

- ☐ Bring a large pot of water to a boil over high heat. Meanwhile, fill the sink with water. Wearing rubber gloves, pull nettle leaves from stems into sink. Swish to rinse; drain.
- ☐ Add nettles to boiling water. Simmer until soft, 3 minutes.
- ☐ Drain, rinse with cool water, and squeeze out water. Whirl in a food processor until smooth.
- ☐ Cook pasta as package directs. Meanwhile, melt butter over medium heat in pot used for nettles.
- ☐ Whisk in nettle pure, salt, and 1 cup hot pasta water; keep warm over low heat.
- ☐ Drain pasta, reserving about 2 cups water.
- ☐ Add pasta to pot of sauce and toss with 3/4 cup parmesan, half of pine nuts, and some reserved water if needed so it's loose-textured.
- ☐ Transfer to a shallow bowl and sprinkle with remaining pine nuts and a little more parmesan if you like.
- ☐ \*Find nettles at farmers' markets. (They grow wild in many areas too.)

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:26.05, Inflammation Score:-10, Nutrition Score:38.369130238243%

## Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

## Nutrients (% of daily need)

Calories: 707.61kcal (35.38%), Fat: 37.71g (58.02%), Saturated Fat: 14.03g (87.71%), Carbohydrates: 72.91g (24.3%), Net Carbohydrates: 66.86g (24.31%), Sugar: 3.58g (3.98%), Cholesterol: 56.98mg (18.99%), Sodium: 1297.4mg

(56.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.25%), Vitamin K: 561.57µg (534.83%), Vitamin A: 11274.78IU (225.5%), Manganese: 3.8mg (189.82%), Selenium: 61.8µg (88.28%), Folate: 244.64µg (61.16%), Magnesium: 198.1mg (49.52%), Phosphorus: 469.1mg (46.91%), Vitamin C: 32.04mg (38.84%), Copper: 0.7mg (35.07%), Vitamin E: 5.03mg (33.53%), Iron: 5.52mg (30.66%), Calcium: 304.55mg (30.46%), Potassium: 995.96mg (28.46%), Zinc: 4.08mg (27.22%), Fiber: 6.05g (24.2%), Vitamin B2: 0.39mg (22.8%), Vitamin B6: 0.38mg (18.94%), Vitamin B1: 0.25mg (16.86%), Vitamin B3: 3.28mg (16.39%), Vitamin B5: 0.59mg (5.92%), Vitamin B12: 0.29µg (4.75%), Vitamin D: 0.38µg (2.52%)