



Tagliatelle with Shredded Beets, Sour Cream, and Parsley

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups coarsely beets packed grated uncooked peeled () (3 large)
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 6 tablespoons parsley fresh italian divided chopped
- ☐ 8 ounce cup heavy whipping cream sour

☐ 12 ounces tagliatelle

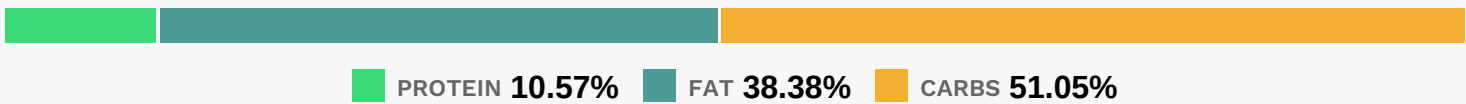
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt butter with oil in large nonstick skillet over medium heat.
- ☐ Add garlic; stir until pale golden, about 1 minute.
- ☐ Add beets and cayenne; reduce heat to medium-low and sauté just until beets are tender, about 12 minutes. Stir in lemon juice.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain pasta and return to pot. Stir in sour cream and 4 tablespoons parsley, then beet mixture. Season to taste with salt and pepper.
- ☐ Transfer pasta to bowl.
- ☐ Sprinkle with remaining 2 tablespoons parsley and serve.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:20.05, Inflammation Score:-7, Nutrition Score:16.672608577687%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 384.35kcal (19.22%), Fat: 16.6g (25.54%), Saturated Fat: 6.36g (39.76%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 45.7g (16.62%), Sugar: 7.14g (7.93%), Cholesterol: 74.95mg (24.98%), Sodium: 94.27mg (4.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.57%), Selenium: 46.74µg (66.77%), Vitamin K: 69.71µg (66.39%), Manganese: 0.74mg (36.99%), Folate: 100.19µg (25.05%), Phosphorus: 197.87mg (19.79%), Fiber: 3.99g (15.95%), Vitamin A: 758.09IU (15.16%), Magnesium: 55.16mg (13.79%), Vitamin C: 11.37mg (13.78%), Potassium: 441.88mg (12.63%), Copper: 0.24mg (11.83%), Iron: 1.96mg (10.87%), Vitamin B6: 0.21mg (10.3%), Zinc: 1.51mg (10.1%), Vitamin B1: 0.13mg (8.82%), Vitamin B2: 0.15mg (8.81%), Vitamin E: 1.19mg (7.97%), Vitamin B5: 0.78mg (7.81%), Calcium: 77.39mg (7.74%), Vitamin B3: 1.53mg (7.66%), Vitamin B12: 0.25µg (4.13%), Vitamin D: 0.17µg (1.13%)