



Toasted Almond Pasta Salad



Vegetarian

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READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 10 ounces ditalini pasta
- ☐ 1 tablespoon thyme leaves fresh roughly chopped preferably lemon thyme
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 servings pepper freshly ground

- ☐ 1 pinch pepper flakes red
- ☐ 1 small shallots finely chopped

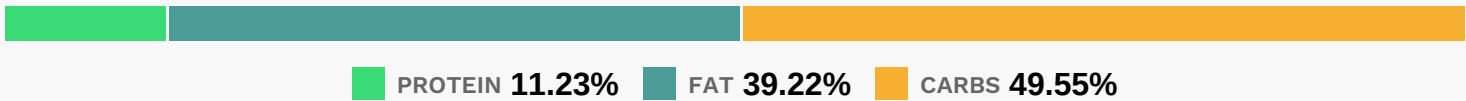
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the almonds on a rimmed baking sheet and bake, tossing occasionally, until golden brown, 8 to 10 minutes.
- ☐ Meanwhile, bring a pot of salted water to a boil.
- ☐ Add the pasta and cook as the label directs, then drain and rinse under cold water.
- ☐ Transfer to a serving bowl and toss with the olive oil, parmesan, lemon juice, shallot, thyme, 1 teaspoon salt and about half of the almonds. Season with salt and pepper. Top with the remaining almonds and the red pepper flakes.
- ☐ Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.28, Inflammation Score:-8, Nutrition Score:8.8626087573559%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg

Naringenin: 0.09mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 307.57kcal (15.38%), Fat: 13.47g (20.73%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 35.81g (13.02%), Sugar: 1.94g (2.16%), Cholesterol: 3.63mg (1.21%), Sodium: 270.72mg (11.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.35%), Selenium: 31.59µg (45.13%), Manganese: 0.6mg (30%), Vitamin E: 2.69mg (17.96%), Phosphorus: 144.65mg (14.46%), Magnesium: 43.54mg (10.89%), Copper: 0.2mg (10.17%), Fiber: 2.49g (9.97%), Zinc: 1.05mg (6.99%), Calcium: 67.78mg (6.78%), Vitamin B2: 0.11mg (6.38%), Iron: 1.14mg (6.36%), Vitamin K: 5.75µg (5.48%), Vitamin B3: 1.03mg (5.14%), Potassium: 178.45mg (5.1%), Vitamin C: 4.14mg (5.01%), Vitamin B6: 0.1mg (4.94%), Vitamin B1: 0.06mg (3.9%), Folate: 13.97µg (3.49%), Vitamin B5: 0.27mg (2.66%), Vitamin A: 97.48IU (1.95%)