



## Walnut Pasta di Campania

READY IN



5 min.

SERVINGS



4

CALORIES



1087 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 cup butter room temperature
- ☐ 2 clove garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 0.8 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup parsley leaves only chopped
- ☐ 1 pound soup noodles dried
- ☐ 4 servings salt and pepper
- ☐ 2 cup walnuts shelled

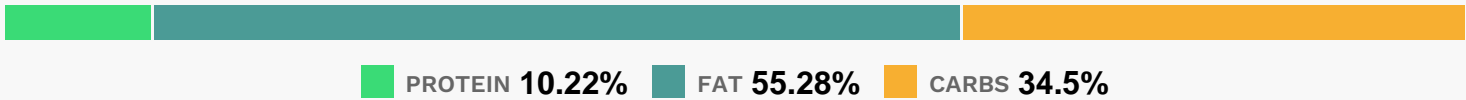
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a dry skillet set over medium high heat toast the walnut for two or three minutes, stirring often. They should be slightly browned and fragrant.
- ☐ Let the cool for 5 minutes before proceeding.
- ☐ Put the walnuts into a food processor with the parsley leaves and pulse until a fine texture is achieved.
- ☐ Add the butter, and pulse a few more times to mix somewhat. Turn the machine on again and gradually add the olive oil in a steady stream with the blade turning continuously. Once a thick and creamy fully emulsified mixture is achieved turn off the machine and adds the garlic, Parmesan, cream and a pinch each of salt and pepper. Pulse the mixture several more times to mix thoroughly. Cook the pasta in a large pot of boiling water and salted water until al dente.
- ☐ Drain and toss the pasta with the walnut sauce.
- ☐ Serve immediately with additional cheese for sprinkling.

## Nutrition Facts



## Properties

Glycemic Index:43.5, Glycemic Load:35.15, Inflammation Score:-9, Nutrition Score:33.954782496328%

## Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1087.46kcal (54.37%), Fat: 68.46g (105.32%), Saturated Fat: 17.69g (110.56%), Carbohydrates: 96.12g (32.04%), Net Carbohydrates: 88.04g (32.01%), Sugar: 5.15g (5.72%), Cholesterol: 58.19mg (19.4%), Sodium: 524.57mg (22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.93%), Vitamin K: 254.28µg (242.17%), Manganese: 3.1mg (154.87%), Selenium: 79.73µg (113.89%), Copper: 1.29mg (64.57%), Phosphorus: 519.01mg (51.9%), Magnesium: 166.11mg (41.53%), Vitamin A: 1956.77IU (39.14%), Fiber: 8.07g (32.3%), Zinc: 4.17mg (27.83%), Vitamin B6: 0.52mg (26.15%), Vitamin C: 21.27mg (25.78%), Folate: 102.36µg (25.59%), Iron: 4.25mg (23.63%), Calcium: 228.48mg (22.85%), Vitamin B1: 0.32mg (21.63%), Potassium: 640.64mg (18.3%), Vitamin E: 2.34mg (15.63%), Vitamin B2: 0.25mg (14.59%), Vitamin B3: 2.82mg (14.08%), Vitamin B5: 0.99mg (9.85%), Vitamin B12: 0.22µg (3.61%), Vitamin D: 0.3µg (2%)