



Whole-Wheat Linguine with Saffron and Roasted Red Peppers

READY IN



30 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 teaspoons capers drained
- 1 garlic clove minced
- 0.3 teaspoon kosher salt
- 8 ounces pasta whole-wheat uncooked
- 2 tablespoons olive oil extra-virgin
- 20 large curls parmesan cheese removed with a vegetable peeler (2 ounces)
- 1 medium onion red cut into thin rings

- 1 teaspoon red wine vinegar
- 1 cup strips roasted bell peppers red jarred ()
- 0.3 teaspoon saffron threads crumbled
- 0.5 teaspoon or dried fresh

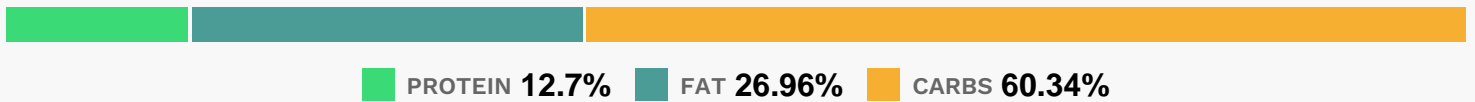
Equipment

- bowl
- frying pan

Directions

- Cook pasta according to package directions. Reserve 1/2 cup cooking liquid; drain.
- Heat the olive oil in a large nonstick skillet over medium heat.
- Add onion and saffron; cook until onions are softened (about 5 minutes), stirring frequently.
- Add garlic; cook until fragrant (about 30 seconds), stirring constantly. Stir in bell peppers, capers, vinegar, thyme, salt, and pepper; cook until heated through (about 3 minutes), stirring occasionally.
- Add the pasta and the reserved pasta liquid to sauce in the skillet; cook until heated through (about 2 minutes), stirring constantly.
- Transfer mixture to serving bowls; top with Parmesan curls.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:17.72, Inflammation Score:-6, Nutrition Score:10.365217433675%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin:

7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 311.15kcal (15.56%), Fat: 9.3g (14.31%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 44.04g (16.01%), Sugar: 2.73g (3.04%), Cholesterol: 3.4mg (1.13%), Sodium: 737.2mg (32.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Selenium: 37.32µg (53.32%), Manganese: 0.64mg (32.04%), Vitamin C: 19mg (23.03%), Phosphorus: 158.56mg (15.86%), Copper: 0.23mg (11.51%), Fiber: 2.8g (11.2%), Magnesium: 39.95mg (9.99%), Vitamin B6: 0.19mg (9.55%), Calcium: 95.07mg (9.51%), Vitamin E: 1.1mg (7.31%), Zinc: 1.06mg (7.1%), Iron: 1.24mg (6.9%), Potassium: 228.74mg (6.54%), Vitamin B3: 1.22mg (6.09%), Folate: 21.76µg (5.44%), Vitamin B1: 0.08mg (5.08%), Vitamin A: 235.3IU (4.71%), Vitamin K: 4.83µg (4.6%), Vitamin B2: 0.07mg (4.24%), Vitamin B5: 0.32mg (3.21%)