

# Whole-Wheat Pasta with Pecorino and Pepper



### **Ingredients**

1 tablespoon peppercorns black
2 tablespoons flat parsley chopped
6 servings olive oil extra virgin extra-virgin
4.5 ounces pecorino cheese divided grated
1 lb spaghetti dried whole-wheat

## **Equipment**

bowl frying pan

	kitchen towels	
	mortar and pestle	
Directions		
	Toast peppercorns in a dry small skillet over medium-high heat, shaking skillet, until fragrant and beginning to pop, 2 to 3 minutes. Coarsely crush peppercorns with a mortar and pestle or wrap in a kitchen towel (not terry cloth) and press with bottom of a heavy skillet.	
	Cook spaghetti in a pasta pot of boiling salted water (2 tablespoons salt for 6 quarts water) until al dente.	
	Meanwhile, fill a large ceramic bowl with hot water to warm it. Just before pasta is done cooking, drain bowl but do not dry.	
	Reserve 1 cup pasta-cooking water, then quickly drain pasta (do not shake off excess water) and add to warm bowl.	
	Sprinkle 11/4 cups cheese and 1/2 cup cooking water evenly over pasta and toss quickly. Toss in parsley (if using) and 2 teaspoons crushed pepper. If pasta seems dry, toss with some additional cooking water.	
	Serve pasta immediately, sprinkled with remaining pepper and cheese.	
	Serve additional cheese on the side.	
Nutrition Facts		
	PROTEIN 14.59% FAT 37.96% CARBS 47.45%	

### **Properties**

pot

Glycemic Index:15.17, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:20.84565225114%

#### **Flavonoids**

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

#### Nutrients (% of daily need)

Calories: 473.79kcal (23.69%), Fat: 20.85g (32.08%), Saturated Fat: 5.79g (36.19%), Carbohydrates: 58.64g (19.55%), Net Carbohydrates: 58.18g (21.16%), Sugar: 0.18g (0.2%), Cholesterol: 22.11mg (7.37%), Sodium: 262.55mg

(11.42%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 18.03g (36.07%), Manganese: 2.53mg (126.42%), Selenium: 58.35μg (83.36%), Phosphorus: 360.04mg (36%), Vitamin K: 33.49μg (31.9%), Magnesium: 120.34mg (30.09%), Calcium: 265.83mg (26.58%), Vitamin B1: 0.38mg (25.32%), Vitamin B3: 3.93mg (19.66%), Copper: 0.37mg (18.69%), Iron: 3.23mg (17.95%), Zinc: 2.37mg (15.83%), Vitamin E: 2.09mg (13.95%), Folate: 46.89μg (11.72%), Vitamin B2: 0.19mg (11.24%), Vitamin B6: 0.19mg (9.64%), Vitamin B5: 0.86mg (8.63%), Potassium: 210.5mg (6.01%), Vitamin A: 209.67IU (4.19%), Vitamin B12: 0.24μg (3.97%), Vitamin C: 1.77mg (2.15%), Fiber: 0.47g (1.86%)