



WHATSheATE



Whole-Wheat Pasta with Pecorino and Pepper

READY IN



20 min.

SERVINGS



6

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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

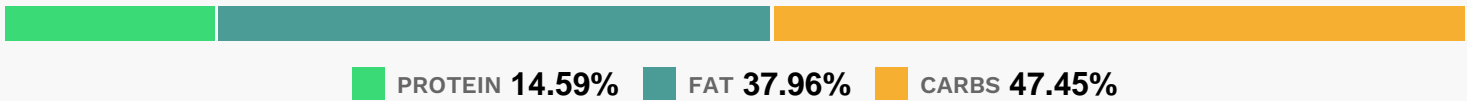
- ☐ bowl
- ☐ frying pan

- ☐ pot
- ☐ 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 1 1/4 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



Properties

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 Kaempferol: 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 %: 0% (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%)