



Winter Herb Pasta

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



797 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups breadcrumbs fresh (preferably from a baguette)
- 1 pound bucatini pasta dried
- 3 garlic clove coarsely chopped
- 5 tablespoons olive oil divided
- 1 cup parsley chopped
- 2 teaspoons rosemary chopped
- 2 teaspoons sage chopped
- 2 teaspoons thyme leaves chopped

2 tablespoons butter unsalted

Equipment

bowl

frying pan

pot

Directions

Heat butter and 1 tablespoon oil in a 12-inch heavy skillet over medium heat until foam subsides. Cook garlic, stirring, until fragrant and pale golden.

Add bread crumbs and cook, stirring occasionally, until golden, about 5 minutes.

Transfer to a bowl, reserving skillet.

Meanwhile, cook bucatini in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente. Reserve 1 cup cooking water, then drain.

Heat remaining 1/4 cup oil in skillet over medium heat until it shimmers, then cook sage, rosemary, and thyme, stirring, 2 minutes.

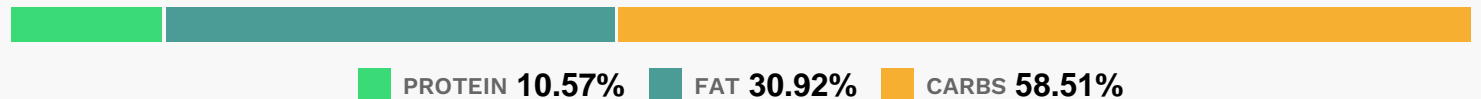
Add pasta, 1/2 cup reserved water, and parsley and toss well.

Add more water to moisten if necessary.

Serve sprinkled with bread crumbs.

Nutrition Data

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:34.45, Inflammation Score:-9, Nutrition Score:31.361739290797%

Flavonoids

Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 796.95kcal (39.85%), Fat: 27.24g (41.91%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 115.97g (38.66%), Net Carbohydrates: 109.74g (39.91%), Sugar: 5.69g (6.33%), Cholesterol: 15.05mg (5.02%), Sodium: 313.33mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.88%), Vitamin K: 259.85µg (247.48%), Copper: 3.5mg (174.92%), Selenium: 82.28µg (117.54%), Manganese: 1.59mg (79.58%), Vitamin B1: 0.52mg (34.34%), Vitamin A: 1487.81IU (29.76%), Phosphorus: 296.43mg (29.64%), Vitamin C: 22.28mg (27.01%), Iron: 4.8mg (26.66%), Fiber: 6.23g (24.91%), Vitamin B3: 4.85mg (24.24%), Magnesium: 89.13mg (22.28%), Folate: 87.43µg (21.86%), Vitamin E: 2.95mg (19.69%), Zinc: 2.42mg (16.12%), Vitamin B2: 0.26mg (15.12%), Calcium: 135.8mg (13.58%), Vitamin B6: 0.26mg (12.8%), Potassium: 437.07mg (12.49%), Vitamin B5: 0.8mg (7.98%), Vitamin B12: 0.15µg (2.56%)