

Spaghetti with White Vegetables and Pine Nuts

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/white-cabbage-south-indian-recipe>

Ingredients:

- 1 pound spaghetti Tinkyada White Rice
- 3 tablespoons light olive oil
- 1 sweet onion medium, peeled, diced
- 2 cups cauliflower chopped into small pieces
- 1/2 head white cabbage cored, cut and thinly shredded
- 5 garlic cloves minced
- 1/2 cup pine nuts
- sea salt
- freshly ground pepper
- 1/4 teaspoon fennel seed
- 1/2 lemon
- 4 tablespoons cream or non-dairy cream
- fresh goat cheese Crumbled, for garnish, optional

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 108 grams
3. Cholesterol: 20 milligrams
4. Fat: 30 grams
5. Fiber: 10 grams
6. Protein: 24 grams
7. SaturatedFat: 6 grams
8. Sodium: 280 milligrams
9. Sugar: 9 grams

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