

Whole Wheat Spaghetti with Fiddleheads & Spring Onions

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/fiddlehead-fern-recipe-indian>

Ingredients:

- 3 cloves garlic
- 2 purple spring onions
- 15 ounces cannellini beans
- 1 bunch lemon basil
- 1 lemon
- 2 ounces fiddlehead ferns
- 8 ounces whole wheat spaghetti
- 1/4 cup grated Parmesan cheese
- 2 tablespoons butter

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 128 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 40 grams
7. SaturatedFat: 9 grams
8. Sodium: 320 milligrams
9. Sugar: 1 grams

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