



Cabbage and Straw

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stick butter cut into pieces
- ☐ 3 cloves garlic halved
- ☐ 2 idaho potatoes peeled cut into 1/2-inch dice
- ☐ 1 pound papardelle pasta
- ☐ 1 teaspoon coarse pepper black
- ☐ 1.5 cups romano grated
- ☐ 16 sage leaves whole thinly sliced
- ☐ 6 servings salt

☐

1 small head savoy cabbage shredded cored quartered

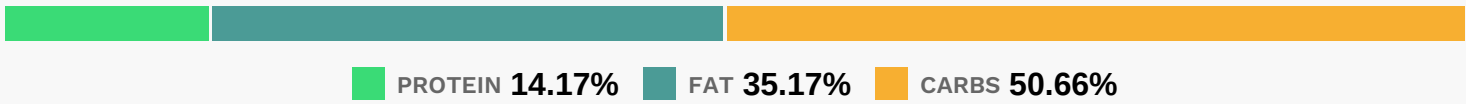
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and salt it.
- ☐ Add potatoes and cook 7 minutes.
- ☐ Add the pasta and cook 2 minutes, then stir in cabbage and cook 5 minutes longer.
- ☐ While the potatoes and pasta cook, melt butter in a large, deep skillet over medium heat and add garlic and 6 whole sage leaves. Cook 3 to 4 minutes; remove the garlic and whole leaves (reserve the leaves for ganish), then add sliced leaves and the black pepper. Just before draining the pasta and cabbage, add 2 ladles of starchy cooking water to the skillet.
- ☐ Drain the potatoes, pasta and cabbage and add to butter and sage. Toss to combine with sage butter, adding in lots of cheese as you work. Toss 1 to 2 minutes to form a cheesy butter coating on the pasta and cabbage then adjust salt and serve. Use reserved whole leaves to garnish the pasta.

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:33.94, Inflammation Score:-8, Nutrition Score:23.603478517221%

Flavonoids

Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 592.01kcal (29.6%), Fat: 23.31g (35.86%), Saturated Fat: 14.21g (88.79%), Carbohydrates: 75.54g (25.18%), Net Carbohydrates: 69.73g (25.36%), Sugar: 4.39g (4.87%), Cholesterol: 66.49mg (22.16%), Sodium: 644.49mg (28.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Selenium: 52.79µg (75.41%), Vitamin K: 55.85µg (53.19%), Manganese: 1.02mg (51.24%), Phosphorus: 411.09mg (41.11%), Copper: 0.68mg (34.15%), Vitamin C: 27.97mg (33.91%), Calcium: 327.13mg (32.71%), Vitamin B6: 0.54mg (26.87%), Vitamin A: 1333.73IU (26.67%), Fiber: 5.81g (23.25%), Magnesium: 89.34mg (22.34%), Folate: 86.5µg (21.62%), Potassium: 675.65mg (19.3%), Zinc: 2.16mg (14.41%), Vitamin B1: 0.19mg (12.87%), Iron: 2.16mg (12.02%), Vitamin B3: 2.29mg (11.44%), Vitamin B2: 0.19mg (11.34%), Vitamin B5: 0.82mg (8.21%), Vitamin B12: 0.31µg (5.2%), Vitamin E: 0.72mg (4.79%)