

 food
network

Caramelized Onion Penne

READY IN



30 min.

SERVINGS



3

CALORIES



582 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon anchovy paste
- 1 bay leaf
- 3 servings pepper black freshly ground
- 0.5 cup cup heavy whipping cream
- 0.3 cup flat-leaf parsley fresh finely chopped
- 3 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 2 large onions thinly sliced
- 0.5 cup parmigiano-reggiano grated

0.5 pound penne pasta whole-wheat

Equipment

bowl

frying pan

pot

Directions

Bring a large pot of water to a boil over high heat. Salt the water and add the pasta. Cook to al dente and drain.

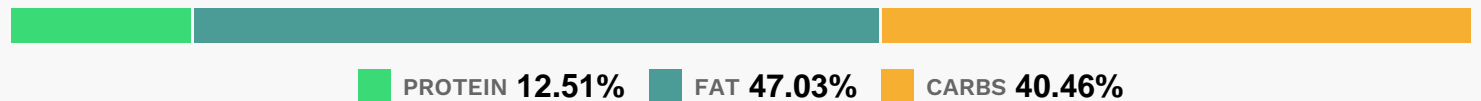
Heat the extra-virgin olive oil in a large skillet over medium heat. Stir in the anchovy paste and let it melt into the oil.

Add the onions and bay leaf and season with salt and pepper, to taste. Cook the onions until very soft and light caramel in color, about 20 minutes. Stir in the cream, and cook until heated through.

Remove the bay leaf, then add the pasta and cheese and toss to coat.

Transfer to a serving bowl, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:13.102608825849%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 20.31mg, Quercetin: 20.31mg, Quercetin: 20.31mg

Nutrients (% of daily need)

Calories: 581.56kcal (29.08%), Fat: 30.19g (46.44%), Saturated Fat: 13.39g (83.7%), Carbohydrates: 58.43g (19.48%), Net Carbohydrates: 51.09g (18.58%), Sugar: 7.16g (7.96%), Cholesterol: 57.86mg (19.29%), Sodium:

551.91mg (24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.14%), Vitamin K: 89.98µg (85.69%), Fiber: 7.34g (29.37%), Calcium: 258.99mg (25.9%), Vitamin A: 1139.88IU (22.8%), Phosphorus: 175.81mg (17.58%), Vitamin C: 14.3mg (17.34%), Vitamin E: 1.87mg (12.47%), Vitamin B2: 0.17mg (9.96%), Selenium: 6.81µg (9.73%), Manganese: 0.16mg (7.94%), Vitamin B6: 0.16mg (7.92%), Folate: 29.69µg (7.42%), Potassium: 239.24mg (6.84%), Magnesium: 24.21mg (6.05%), Zinc: 0.83mg (5.53%), Vitamin D: 0.75µg (5.01%), Iron: 0.87mg (4.82%), Vitamin B12: 0.28µg (4.68%), Vitamin B1: 0.07mg (4.43%), Vitamin B5: 0.34mg (3.39%), Vitamin B3: 0.65mg (3.26%), Copper: 0.06mg (3.23%)