

Chard Stalks and Garlic Scape Pasta

READY IN



35 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 2 garlic-scapes sliced
- 1 tablespoon olive oil
- 0.3 large onion chopped
- 5 ounce soup noodles dry
- 4 servings salt and pepper to taste
- 1 cup swiss chard cut into 1 1/2-inch pieces

Equipment

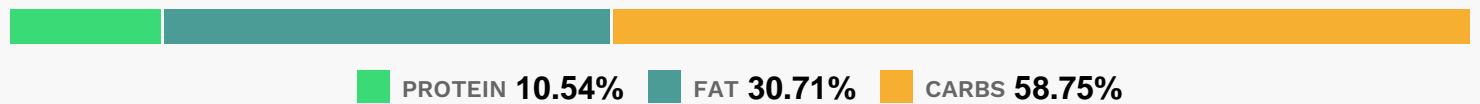
frying pan

pot

Directions

- Bring a large pot of lightly salted water to a rolling boil. Cook the Swiss chard stems in boiling water until tender, 10 to 15 minutes; drain and rinse with cold water. Set aside.
- Bring a separate large pot of lightly salted water to a rolling boil. Cook the vermicelli pasta in boiling water until tender yet firm to the bite, 4 to 5 minutes; drain.
- Meanwhile, melt the butter with the olive oil in a large skillet over medium heat; stir in the onion and garlic scapes. Cook and stir until the onion is soft and translucent, about 5 minutes. Increase heat to medium-high, stir in the chard stalks, and cook until the onion has browned, about 5 minutes more. Season with salt and pepper; stir in the cooked pasta to serve.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:10.89, Inflammation Score:-5, Nutrition Score:8.9495650882954%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 203.12kcal (10.16%), Fat: 6.95g (10.69%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 28.34g (10.3%), Sugar: 1.49g (1.66%), Cholesterol: 7.53mg (2.51%), Sodium: 239.19mg (10.4%), Alcohol: 0g (100%), Protein: 5.37g (10.73%), Vitamin K: 77.12µg (73.45%), Selenium: 22.56µg (32.23%), Manganese: 0.37mg (18.52%), Vitamin A: 638.09IU (12.76%), Phosphorus: 74.67mg (7.47%), Magnesium: 27.08mg (6.77%), Vitamin C: 5.52mg (6.7%), Fiber: 1.59g (6.35%), Copper: 0.12mg (6.12%), Vitamin E: 0.8mg (5.31%), Iron: 0.78mg (4.34%), Zinc: 0.55mg (3.68%), Potassium: 127.74mg (3.65%), Vitamin B6: 0.07mg (3.53%), Vitamin B3: 0.65mg (3.25%), Calcium: 27.68mg (2.77%), Vitamin B1: 0.04mg (2.67%), Folate: 9.52µg (2.38%), Vitamin B2: 0.03mg (1.95%), Vitamin B5: 0.18mg (1.84%)