

Chinese Kasha Varnishkes

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- 8 ounces farfalle pasta dried
- 4 servings chili paste depending on your taste pref hot chinese for serving
- 3 tablespoons cilantro leaves chopped
- 4 servings kosher salt
- 1 bunch spring onion divided finely sliced
- 1 teaspoon sesame oil
- 1 tablespoon soya sauce
- 0.3 cup vegetable oil

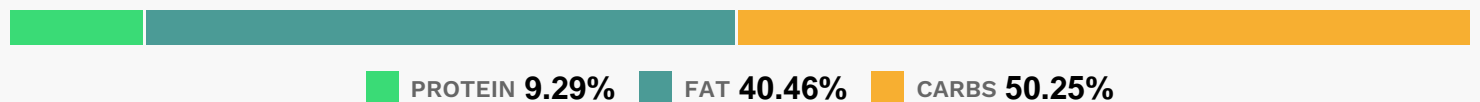
Equipment

- sauce pan
- mixing bowl

Directions

- Cook pasta in salted water according to package directions.
- Drain and toss with 2 teaspoons oil. Set aside. Bring 2 cups water to boil and add kasha. Simmer for 15 minutes, then turn off heat and let sit covered and undisturbed until water is absorbed, about 15 minutes longer.
- Meanwhile, make the scallion oil: Set aside 1/4 of scallion greens for garnish. Cook remaining scallions in remaining oil in a small saucepan over low heat, stirring occasionally, until the slivers of scallions are browned and sweet, about 10 minutes.
- Remove from heat, add soy sauce and sesame oil, and stir to combine.
- Add pasta, kasha, scallion oil, reserved sliced scallions, and cilantro to a large mixing bowl and toss to combine. Season to taste with salt.
- Serve with garlic chili paste or chili oil.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:17.14, Inflammation Score:-3, Nutrition Score:8.919130574102%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 345.37kcal (17.27%), Fat: 15.5g (23.85%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 41.31g (15.02%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 449.86mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Selenium: 35.92µg (51.31%), Vitamin K: 38.61µg (36.77%), Manganese: 0.55mg (27.69%), Phosphorus: 115.9mg (11.59%), Copper: 0.18mg (8.85%), Magnesium: 33.25mg (8.31%), Vitamin E: 1.23mg (8.23%), Fiber: 2.02g (8.08%), Vitamin B3: 1.19mg (5.96%), Zinc: 0.85mg

(5.64%), Iron: 0.95mg (5.28%), Vitamin B6: 0.1mg (4.76%), Potassium: 157.84mg (4.51%), Vitamin B1: 0.06mg (3.87%), Folate: 15.14µg (3.79%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.27mg (2.68%), Calcium: 17.65mg (1.76%), Vitamin C: 1.37mg (1.66%), Vitamin A: 82.05IU (1.64%)