

NIGELLA EXPRESS

Cook the Book: Pappardelle with Escarole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 to 5 chilies red seeded finely chopped
- ☐ 1 teaspoon chilies dried crushed
- ☐ 1 pound eggs
- ☐ 16 cups endive roughly sliced
- ☐ 1 tablespoon garlic infused olive oil
- ☐ 0.5 cup parmesan flaked
- ☐ 0.5 cup parsley chopped
- ☐ 4 servings salt to taste

- ☐ 1 cup water
- ☐ 1 cup wine

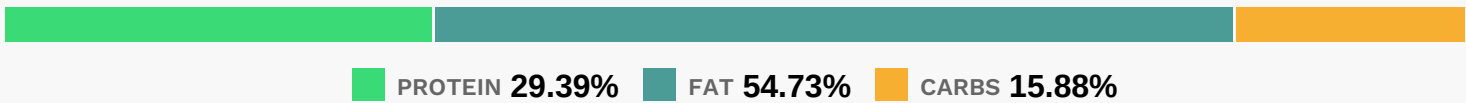
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Put a large pot of water over high heat, and start bringing it to a boil. Meanwhile, in a wide pan, heat the oil gently with the dried chile flakes.
- ☐ Add the escarole, stirring it to wilt in the oil.
- ☐ Add the wine and water; partially cover pan, letting escarole cook for about 6 minutes. Set pasta in the boiling water.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:35.757825872172%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 20.32mg, Kaempferol: 20.32mg, Kaempferol: 20.32mg, Kaempferol: 20.32mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 336.49kcal (16.82%), Fat: 18.09g (27.84%), Saturated Fat: 6.2g (38.78%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 4.84g (1.76%), Sugar: 2.76g (3.07%), Cholesterol: 430.34mg (143.45%), Sodium: 611.43mg (26.58%), Alcohol: 6.18g (100%), Alcohol %: 1.67% (100%), Protein: 21.86g (43.72%), Vitamin K: 590.81µg (562.67%), Vitamin A: 6109.27IU (122.19%), Folate: 353.39µg (88.35%), Selenium: 38.19µg (54.56%), Manganese: 0.99mg

(49.41%), Vitamin C: 39.53mg (47.91%), Vitamin B2: 0.75mg (44.15%), Phosphorus: 389.23mg (38.92%), Vitamin B5: 3.69mg (36.86%), Calcium: 335.31mg (33.53%), Fiber: 6.97g (27.88%), Potassium: 939.48mg (26.84%), Iron: 4.59mg (25.48%), Zinc: 3.59mg (23.91%), Vitamin B12: 1.16µg (19.32%), Vitamin E: 2.77mg (18.5%), Vitamin B6: 0.35mg (17.39%), Copper: 0.32mg (16.21%), Magnesium: 63.13mg (15.78%), Vitamin D: 2.33µg (15.54%), Vitamin B1: 0.23mg (15.25%), Vitamin B3: 1.33mg (6.64%)