



Farfalle with Wilted Frisée and Burst Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pints cherry tomatoes
- ☐ 12 ounces farfalle pasta (bow-tie pasta)
- ☐ 1 pound frisée coarsely chopped
- ☐ 2 large garlic cloves minced
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 4 tablespoons butter unsalted cut into 1/2-inch pieces ()

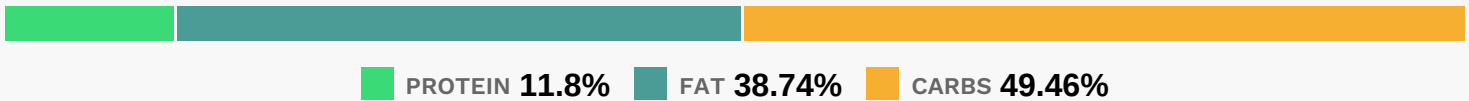
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add tomatoes and cook, stirring frequently, until tomatoes begin to burst, about 8 minutes.
- ☐ Add garlic, lemon peel, and dried crushed red pepper; cook 2 minutes longer.
- ☐ Add frisée in batches and cook until wilted, about 3 minutes total. Season tomato-frisée mixture with salt and pepper.
- ☐ Meanwhile, cook pasta in pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup cooking liquid.
- ☐ Add pasta to skillet with tomato-frisée mixture. Stir in butter.
- ☐ Add reserved pasta liquid by 1/4 cupfuls if dry. Divide pasta among shallow bowls and serve, passing cheese separately.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:17.11, Inflammation Score:-10, Nutrition Score:27.143043466236%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 414.8kcal (20.74%), Fat: 18.13g (27.9%), Saturated Fat: 7.29g (45.53%), Carbohydrates: 52.1g (17.37%), Net Carbohydrates: 46.35g (16.85%), Sugar: 5.03g (5.59%), Cholesterol: 27.32mg (9.11%), Sodium: 198.99mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin K: 233.46µg (222.35%), Vitamin A: 5230.73IU (104.61%), Selenium: 39.82µg (56.89%), Vitamin C: 45.86mg (55.58%), Manganese: 0.99mg (49.7%), Folate: 109.62µg (27.4%), Vitamin E: 3.73mg (24.89%), Copper: 0.48mg (24.23%), Phosphorus: 232.71mg (23.27%), Fiber: 5.75g (23.01%), Potassium: 725.65mg (20.73%), Calcium: 179.03mg (17.9%), Magnesium: 66.9mg (16.73%), Vitamin B6: 0.28mg (13.75%), Vitamin B5: 1.32mg (13.18%), Iron: 2.33mg (12.97%), Zinc: 1.67mg (11.12%), Vitamin B3: 2mg (10%), Vitamin B2: 0.17mg (9.98%), Vitamin B1: 0.14mg (9.61%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.18µg (1.21%)