



WHATSheATE



Fusilli with Caramelized Spring Onions and White Wine

 Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 8 ounces fusilli uncooked (short twisted spaghetti)
- ☐ 2 teaspoons garlic divided minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup lower-sodium chicken broth fat-free

- ☐ 3 tablespoons olive oil divided
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 pound spring onion thinly sliced

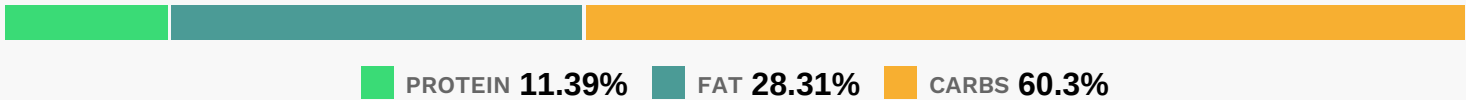
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine panko, 1 tablespoon oil, 1 teaspoon garlic, and a dash of salt in a small bowl.
- ☐ Spread panko mixture in a single layer on a baking sheet.
- ☐ Bake at 375 for 6 minutes or until golden brown, stirring after 3 minutes. Cool.
- ☐ Heat a large skillet over medium-low heat.
- ☐ Add remaining 2 tablespoons oil to pan, swirling to coat.
- ☐ Add onions to pan; cook 20 minutes or until golden brown, stirring occasionally.
- ☐ Add remaining 1 teaspoon garlic and wine. Increase heat to medium-high; cook 1 minute.
- ☐ Add broth; cook until liquid is reduced to 1/2 cup (about 4 minutes).
- ☐ Cook pasta in boiling water with 1 tablespoon kosher salt according to package directions, omitting additional fat.
- ☐ Drain.
- ☐ Add pasta, remaining salt, and pepper to onion mixture; toss gently.
- ☐ Place about 1 cup pasta in each of 4 shallow bowls; sprinkle each serving with 2 tablespoons panko mixture.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:19.01, Inflammation Score:-9, Nutrition Score:19.561304411162%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg

Nutrients (% of daily need)

Calories: 397.17kcal (19.86%), Fat: 11.98g (18.43%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 52.25g (19%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 2140.73mg (93.08%), Alcohol: 3.09g (100%), Alcohol %: 1.63% (100%), Protein: 10.85g (21.7%), Vitamin K: 241.96µg (230.44%), Selenium: 38.66µg (55.23%), Manganese: 0.85mg (42.58%), Vitamin C: 21.79mg (26.41%), Folate: 91.17µg (22.79%), Vitamin A: 1131.4IU (22.63%), Fiber: 5.16g (20.65%), Phosphorus: 169.39mg (16.94%), Iron: 2.97mg (16.51%), Magnesium: 59.6mg (14.9%), Vitamin E: 2.21mg (14.71%), Potassium: 513.62mg (14.67%), Copper: 0.29mg (14.3%), Vitamin B1: 0.19mg (12.7%), Calcium: 114.61mg (11.46%), Vitamin B3: 2.1mg (10.51%), Vitamin B6: 0.19mg (9.64%), Vitamin B2: 0.16mg (9.49%), Zinc: 1.41mg (9.4%), Vitamin B5: 0.4mg (3.95%)