



WHATSheATE



Fusilli with Mustard Greens and Currants

READY IN



30 min.

SERVINGS



6

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup currants dried
- ☐ 4 garlic cloves sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 pound mustard greens rinsed chopped
- ☐ 2 tablespoons olive oil
- ☐ 6 servings freshly parmesan cheese shredded
- ☐ 0.3 cup pinenuts
- ☐ 0.3 teaspoon chile flakes red
- ☐ 0.8 pound fusilli whole-wheat

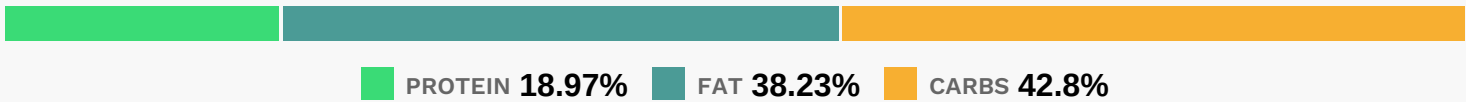
Equipment

☐ frying pan

Directions

- ☐ Cook pasta as package directs.
- ☐ Meanwhile, toast pine nuts in a large, dry frying pan over medium heat; set aside.
- ☐ Add oil to pan, then add garlic and chile flakes. Cook, stirring, until fragrant, 1 minute.
- ☐ Add currants, the greens with water clinging to them, and salt. Cover; cook until greens are tender, about 5 minutes. Stir in drained pasta and reserved nuts.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:19.948695649271%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg Kaempferol: 21.72mg, Kaempferol: 21.72mg, Kaempferol: 21.72mg, Kaempferol: 21.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 446.1kcal (22.3%), Fat: 18.96g (29.17%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 40.13g (14.59%), Sugar: 7.97g (8.85%), Cholesterol: 20.4mg (6.8%), Sodium: 691.12mg (30.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.32%), Vitamin K: 154.03µg (146.7%), Vitamin C: 40.75mg (49.39%), Calcium: 432.71mg (43.27%), Vitamin A: 1981.78IU (39.64%), Manganese: 0.74mg (36.95%), Fiber: 7.62g (30.47%), Phosphorus: 295.44mg (29.54%), Vitamin E: 2.62mg (17.46%), Magnesium: 53.68mg (13.42%), Copper: 0.23mg (11.65%), Vitamin B2: 0.19mg (11.37%), Selenium: 7.67µg (10.96%), Potassium: 361.99mg (10.34%), Iron: 1.82mg (10.1%), Zinc: 1.51mg (10.05%), Vitamin B6: 0.19mg (9.33%), Vitamin B1: 0.1mg (6.76%), Vitamin B12: 0.36µg (6%), Vitamin B3: 1.02mg (5.09%), Folate: 12.34µg (3.08%), Vitamin B5: 0.29mg (2.95%)