



HEALTH SCORE

100%

Garlic-and-Greens Spaghetti

 Very Healthy

READY IN



37 min.

SERVINGS



4

CALORIES



584 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 cloves garlic thinly sliced
- 12 cups torn winter greens such as kale, chard, escarole or mustard greens (2 1/2 pounds)
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin
- 2 medium onions halved sliced
- 0.3 cup pecorino romano cheese grated
- 0.1 teaspoon pepper flakes red to taste
- 12 ounces pasta like spaghetti

Equipment

- bowl
- frying pan
- pot
- slotted spoon
- tongs

Directions

- Bring a large pot of salted water to a boil. Meanwhile, cook the garlic in the olive oil in a large skillet over medium-high heat, stirring occasionally, until golden brown and crisp, about 3 minutes. (Be careful not to over-brown the garlic or it will taste bitter.) Using a slotted spoon, transfer the garlic chips to a paper-towel-lined plate.
- Pour off all but 2 tablespoons oil into a small bowl to use as a dip for crusty bread, if desired.
- Add the onions and red pepper flakes to the oil in the pan; cook, stirring, until the onions are light brown, about 10 minutes. Season with 1 1/2 teaspoons Kosher salt.
- When the onions are almost done, add the greens to the boiling water and cook, uncovered, until just tender, about 2 minutes. Using tongs, remove the greens, shaking off the excess water; add them to the skillet with the onions (set the pot of water aside). Cook, stirring occasionally, until tender, about 5 minutes.
- Return the cooking water to a boil.
- Add the spaghetti and cook until al dente, 8 to 10 minutes.
- Remove and reserve about 1 cup cooking water; drain the pasta and transfer to a serving bowl.
- Add the cheese and toss.
- Add the greens and some of the reserved pasta water and toss, adding more water as necessary to keep the pasta from clumping. Top with the garlic chips.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 12.92% ■ FAT 32.91% ■ CARBS 54.17%

Properties

Glycemic Index:39.5, Glycemic Load:28.63, Inflammation Score:-10, Nutrition Score:34.971738932573%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 29.97mg, Isorhamnetin: 29.97mg, Isorhamnetin: 29.97mg, Isorhamnetin: 29.97mg Kaempferol: 64.73mg, Kaempferol: 64.73mg, Kaempferol: 64.73mg, Kaempferol: 64.73mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 26.16mg, Quercetin: 26.16mg, Quercetin: 26.16mg, Quercetin: 26.16mg

Nutrients (% of daily need)

Calories: 584.25kcal (29.21%), Fat: 21.8g (33.53%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 80.72g (26.91%), Net Carbohydrates: 71.41g (25.97%), Sugar: 6.99g (7.77%), Cholesterol: 6.5mg (2.17%), Sodium: 313.12mg (13.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Vitamin K: 444.99µg (423.8%), Vitamin C: 125.41mg (152.02%), Vitamin A: 5126.97IU (102.54%), Selenium: 58.16µg (83.09%), Manganese: 1.05mg (52.71%), Vitamin E: 6.12mg (40.81%), Fiber: 9.31g (37.23%), Phosphorus: 340.18mg (34.02%), Vitamin B6: 0.64mg (32.23%), Calcium: 312.44mg (31.24%), Copper: 0.58mg (29.15%), Potassium: 970.01mg (27.71%), Magnesium: 110mg (27.5%), Iron: 4.34mg (24.12%), Vitamin B1: 0.26mg (17.51%), Vitamin B2: 0.29mg (16.92%), Vitamin B3: 2.95mg (14.75%), Zinc: 2.02mg (13.44%), Folate: 46.73µg (11.68%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.07µg (1.17%)