



Holy Haluski

READY IN



32 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 3 tablespoons capers rinsed drained
- ☐ 1 cup carrots cut in 1/4-inch julienne
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 tablespoons garlic minced
- ☐ 1 medium head cabbage green cored sliced
- ☐ 1 cup peas fresh green frozen shelled canned
- ☐ 1 teaspoon kosher salt

- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 2 large onions sliced
- ☐ 0.5 pound pancetta diced thinly sliced
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup white wine
- ☐ 8 ounces wide egg noodles

Equipment

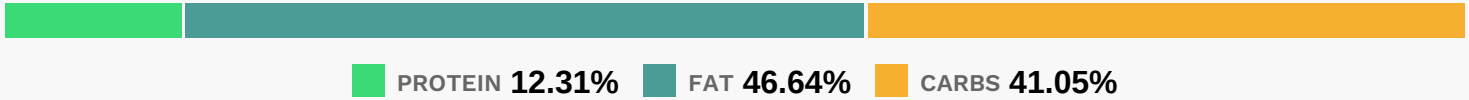
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Bring a large pot of salted water to a boil for the noodles.
- ☐ In a large Dutch oven, melt 1 tablespoon of the butter over medium heat and add the pancetta. Cook, stirring, until crisp, 12 to 14 minutes.
- ☐ Remove the pancetta to a paper-towel-lined plate to drain. Reserve.
- ☐ Strain the fat from the pancetta into a bowl and wipe the pot clean.
- ☐ Add back in 2 tablespoons of the pancetta fat and melt the remaining 3 tablespoons butter in the pot. Reserve the remaining pancetta fat for another use or discard.
- ☐ Add the onions, cabbage, carrots and thyme. Season with 1 teaspoon salt and half the pepper. Stir to coat the vegetables with the butter. Cover and cook until the cabbage is wilted and almost tender, about 10 minutes. Uncover and simmer until the cabbage is very tender, about 10 more minutes.
- ☐ While the cabbage cooks, add the noodles to the boiling water and cook according to the package directions.
- ☐ Increase the heat to high and cook, stirring, until the cabbage and onions are golden, 10 to 12 minutes.
- ☐ Add in the garlic and capers and cook for 1 minute.

- ☐
- Add the peas, deglaze the pan with the white wine and add the lemon juice.
- ☐
- Add in three-quarters of the pancetta, combine well and remove from heat.
- ☐
- Drain the noodles and add to the pot with the cabbage. Toss well to coat the noodles with the cabbage and onion mixture.
- ☐
- Sprinkle with the parsley, remaining pancetta and remaining pepper.
- ☐
- Serve immediately.
- ☐
- Photograph by Hallie Burton

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:12.53, Inflammation Score:-10, Nutrition Score:22.858260652293%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

Nutrients (% of daily need)

Calories: 356.78kcal (17.84%), Fat: 18.61g (28.63%), Saturated Fat: 7.84g (49.02%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 30.52g (11.1%), Sugar: 7.72g (8.58%), Cholesterol: 57.78mg (19.26%), Sodium: 603.68mg (26.25%), Alcohol: 0.77g (100%), Alcohol %: 0.37% (100%), Protein: 11.05g (22.1%), Vitamin K: 111.69µg (106.37%), Vitamin C: 57.03mg (69.13%), Vitamin A: 3262IU (65.24%), Selenium: 29.48µg (42.11%), Manganese: 0.72mg (35.78%), Fiber: 6.34g (25.35%), Vitamin B6: 0.42mg (21.16%), Folate: 82.41µg (20.6%), Vitamin B1: 0.28mg (18.75%), Phosphorus: 185.1mg (18.51%), Potassium: 508.19mg (14.52%), Vitamin B3: 2.67mg (13.34%), Magnesium: 50.62mg (12.66%), Iron: 1.97mg (10.95%), Copper: 0.21mg (10.33%), Zinc: 1.5mg (10.03%), Calcium: 91.61mg (9.16%), Vitamin B2: 0.15mg (9.09%), Vitamin B5: 0.81mg (8.12%), Vitamin E: 0.74mg (4.95%), Vitamin B12: 0.24µg (3.93%), Vitamin D: 0.3µg (2.03%)