



Kasha and Varnishkes

READY IN



30 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1 large carrots diced
- ☐ 2 cups liquid from simmering dried
- ☐ 1 eggs
- ☐ 3 cloves garlic minced
- ☐ 1 medium onion minced
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 pound bowties cooked
- ☐ 2 cups creminis trimmed thinly sliced stems removed before slicing

- ☐ 1 cup kasha whole or coarse
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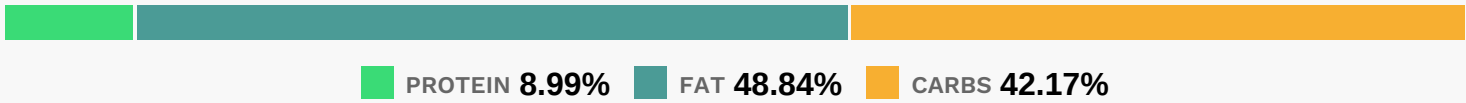
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil, then saute onions until soft.
- ☐ Add carrots and saute until the onions take on some color.
- ☐ Add mushrooms, then garlic.
- ☐ Saute for 2 more minutes. Meanwhile, mix kasha with eggs and seasonings.
- ☐ Add the kasha egg mixture to the saute pan with the vegetables and cook over medium heat until dry looking and kernels separate.
- ☐ Add stock and cook, covered, until liquid is absorbed and kasha is tender, about 12 minutes,.
- ☐ Mix in bowties.
- ☐ Serve with ketchup and/or gravy.

Nutrition Facts



Properties

Glycemic Index:25.96, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:12.74130434057%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 139.01kcal (6.95%), Fat: 8.07g (12.41%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 13.04g (4.74%), Sugar: 2.39g (2.66%), Cholesterol: 40.92mg (13.64%), Sodium: 225.13mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin A: 3067.23IU (61.34%), Copper: 0.76mg (37.84%), Vitamin B5: 3.33mg (33.28%), Selenium: 10.31µg (14.72%), Vitamin B2: 0.25mg (14.61%), Vitamin K: 15.06µg (14.35%), Manganese: 0.27mg (13.35%), Vitamin B6: 0.24mg (11.98%), Vitamin B3: 2.21mg (11.03%), Fiber: 2.63g (10.52%), Potassium: 336.75mg (9.62%), Folate: 36.7µg (9.18%), Zinc: 1.33mg (8.87%), Phosphorus: 80.66mg (8.07%), Magnesium: 25.28mg (6.32%), Vitamin E: 0.8mg (5.32%), Vitamin C: 4.29mg (5.2%), Vitamin D: 0.77µg (5.11%), Vitamin B1: 0.08mg (5.03%), Iron: 0.59mg (3.26%), Calcium: 24.16mg (2.42%), Vitamin B12: 0.1µg (1.63%)