



Kasha Varnishkes (Kasha and Bows)

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb farfalle pasta
- ☐ 1 small beef pasta skillet meal
- ☐ 1 eggs beaten
- ☐ 2 onion chopped
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup vegetable oil divided to taste ()

Equipment

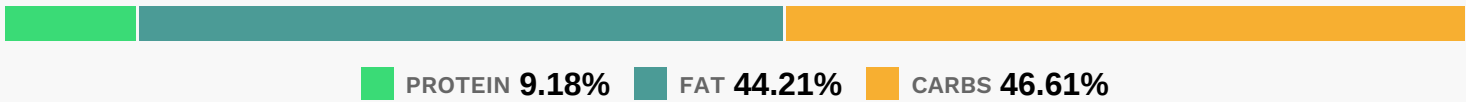
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Kasha Varnishkes (Kasha and Bows)
- ☐ Ingredients1 egg, beaten3/4 cup uncooked kasha (also called buckwheat groats – medium or coarse grain)1/3 cup schmaltz, butter, or vegetable oil (or more to taste) – divided2 onions, chopped1/2 lb bowtie pasta
- ☐ Salt and pepper
- ☐ You will also needA small oven–safe nonstick skillet, medium saucepan, medium pot
- ☐ Total Time: 45 Minutes
- ☐ Servings: 6 servings
- ☐ Kosher Key: Meat, Dairy, or Pareve depending on oil used

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:12.1, Inflammation Score:-3, Nutrition Score:6.9982608789983%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 273.02kcal (13.65%), Fat: 13.42g (20.64%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 29.98g (10.9%), Sugar: 2.6g (2.89%), Cholesterol: 27.28mg (9.09%), Sodium: 212.16mg (9.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Selenium: 26.32µg (37.61%), Vitamin K: 22.48µg

(21.41%), Manganese: 0.4mg (19.82%), Phosphorus: 96.59mg (9.66%), Vitamin E: 1.12mg (7.44%), Fiber: 1.84g (7.35%), Copper: 0.13mg (6.45%), Magnesium: 24.59mg (6.15%), Vitamin B6: 0.11mg (5.51%), Zinc: 0.69mg (4.6%), Folate: 17.22µg (4.3%), Potassium: 148.3mg (4.24%), Vitamin B2: 0.07mg (3.92%), Iron: 0.7mg (3.91%), Vitamin B1: 0.05mg (3.67%), Vitamin B3: 0.7mg (3.49%), Vitamin C: 2.71mg (3.29%), Vitamin B5: 0.32mg (3.2%), Calcium: 20.6mg (2.06%), Vitamin B12: 0.07µg (1.09%)