

food
network



HEALTH SCORE

71%

Killer Kale Pasta



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



916 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups coarsely roasted chicken meat shredded
- ☐ 1 cup chicken stock see
- ☐ 28 ounce canned tomatoes diced fire roasted such as glen muir canned
- ☐ 2 cloves garlic minced
- ☐ 3 pounds kale
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings olive oil
- ☐ 6 servings olive oil extra-virgin

- ☐ 1 cup parmesan grated
- ☐ 2 bell peppers red
- ☐ 2 teaspoons pepper flakes red for finishing
- ☐ 1 pound rigatoni
- ☐ 2 medium shallots diced
- ☐ 0.5 cup white wine

Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap
- ☐ dutch oven

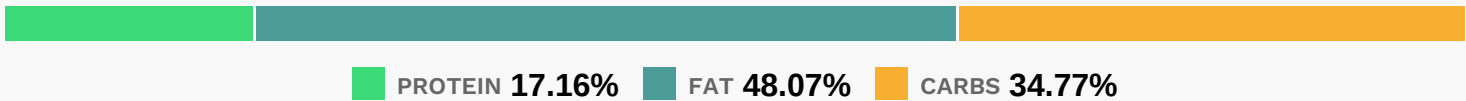
Directions

- ☐ Rub the red bell peppers all over with olive oil and place directly over a direct flame to char on all sides, 3 to 4 minutes per side.
- ☐ Remove from the flame and place into a bowl. Cover with plastic wrap and allow to steam for about 10 minutes. Once cool to the touch, remove the steamed peppers from the bowl and pull off the charred skin, stem and seeds.
- ☐ Cut into slices and set aside until ready to use.
- ☐ Set a large Dutch oven over medium-high heat.
- ☐ Add a drizzle of olive oil and saute the garlic with the shallots. Season with salt and pepper. Cook until the garlic is fragrant and the shallots are translucent, 3 to 4 minutes.
- ☐ Add the red pepper flakes, and then add the white wine. Cook until most of the wine has evaporated.
- ☐ Add the cans of tomatoes and the roasted red peppers.
- ☐ Mix well and bring to a steady boil. Reduce the heat so it is simmering.
- ☐ Meanwhile, prepare the kale by removing stems and discarding. Tear the leaves up into bite-size pieces. Fold into the tomato sauce along with the chicken. Toss to combine and cover with a lid. Cook for about 5 minutes, and if you notice that the vegetables are "dry," add 1 cup chicken stock. Simmer until the kale is tender, all the flavors have come together and the

sauce is thick, 15 to 20 minutes. Taste and season with salt and pepper.

- ☐ Cook the rigatoni pasta al dente in a large pot of salted boiling water according to the package directions, 8 to 10 minutes.
- ☐ Drain the pasta and add directly to the Dutch oven with the finished sauce. Toss to coat everything and cook over low heat (this allows the last cooking of the pasta to be done in the sauce), 2 to 3 minutes.
- ☐ Add a little of the starchy pasta water if needed.
- ☐ Serve the pasta in large bowls and top with spoonfuls of grated Parmesan and extra red chili flakes. Goes great with a chianti or merlot!

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:24.09, Inflammation Score:-10, Nutrition Score:49.944783044898%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 53.52mg, Isorhamnetin: 53.52mg, Isorhamnetin: 53.52mg, Isorhamnetin: 53.52mg Kaempferol: 106.15mg, Kaempferol: 106.15mg, Kaempferol: 106.15mg, Kaempferol: 106.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 51.33mg, Quercetin: 51.33mg, Quercetin: 51.33mg, Quercetin: 51.33mg

Nutrients (% of daily need)

Calories: 915.83kcal (45.79%), Fat: 48.88g (75.2%), Saturated Fat: 10.63g (66.44%), Carbohydrates: 79.56g (26.52%), Net Carbohydrates: 65.45g (23.8%), Sugar: 10.23g (11.36%), Cholesterol: 69.03mg (23.01%), Sodium: 720.68mg (31.33%), Alcohol: 2.06g (100%), Alcohol %: 0.39% (100%), Protein: 39.26g (78.51%), Vitamin K: 905.91µg (862.77%), Vitamin A: 24863.56IU (497.27%), Vitamin C: 267.25mg (323.94%), Manganese: 2.34mg (116.92%), Selenium: 65.74µg (93.91%), Calcium: 850.84mg (85.08%), Vitamin B2: 1.06mg (62.24%), Fiber: 14.11g (56.46%), Phosphorus: 527.43mg (52.74%), Vitamin B3: 10.27mg (51.37%), Vitamin B6: 0.92mg (46.24%), Folate: 183.42µg (45.86%), Vitamin E: 6.77mg (45.15%), Iron: 6.85mg (38.04%), Magnesium: 148.83mg (37.21%), Potassium: 1301.9mg (37.2%), Vitamin B1: 0.42mg (28.08%), Zinc: 3.65mg (24.33%), Copper: 0.43mg (21.38%), Vitamin B5: 1.47mg (14.65%), Vitamin B12: 0.43µg (7.23%), Vitamin D: 0.23µg (1.56%)