



Multi-Grain Pasta with Sicilian Salsa Verde, Cabbage, and Haricots Verts

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



1113 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 fillet anchovy
- ☐ 3 tablespoons capers drained
- ☐ 3 garlic clove divided chopped
- ☐ 6 ounce haricots verts frozen thawed (slender green beans)
- ☐ 29 ounce pasta whole wheat (the Bon Appétit Test Kitchen used Barilla Plus)
- ☐ 6 tablespoons olive oil divided
- ☐ 1.5 cups parmesan cheese divided grated

- ☐ 0.8 cup flat parsley italian coarsely chopped
- ☐ 6 cups savoy cabbage thinly sliced

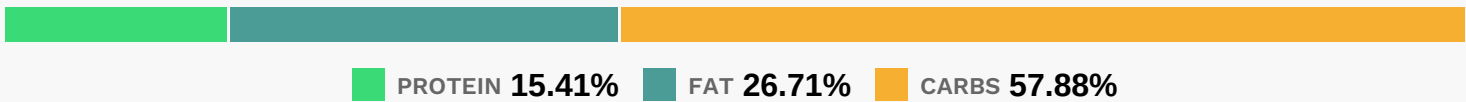
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain, reserving 1 cup pasta cooking liquid.
- ☐ Meanwhile, puree parsley, 4 tablespoons oil, capers, anchovies, and 1/3 of chopped garlic in mini processor.
- ☐ Heat 2 tablespoons oil in large skillet over medium-high heat.
- ☐ Add cabbage; sauté until wilted, about 3 minutes.
- ☐ Add haricots verts and remaining garlic; toss 1 minute.
- ☐ Add 3/4 cup cheese, pasta, and 2/3 cup pasta cooking liquid, then parsley mixture from processor. Toss until sauce coats pasta, adding more pasta cooking liquid if dry, about 2 minutes. Season with salt and pepper.
- ☐ Serve, passing remaining 3/4 cup cheese separately.
- ☐ One serving contains the following: Calories (kcal) 663.65; % Calories from Fat 50.7; Fat (g) 37.38; Saturated Fat (g) 9.88; Cholesterol (mg) 58.69; Carbohydrates (g) 47.26; Dietary Fiber (g) 10.40; Total Sugars (g) 2.89; Net Carbs (g) 36.86; Protein (g) 37.65
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:50.726087238478%

Flavonoids

Apigenin: 24.98mg, Apigenin: 24.98mg, Apigenin: 24.98mg, Apigenin: 24.98mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg, Myricetin: 1.85mg Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg

Nutrients (% of daily need)

Calories: 1113.02kcal (55.65%), Fat: 34.87g (53.65%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 169.98g (56.66%), Net Carbohydrates: 164.97g (59.99%), Sugar: 3.94g (4.38%), Cholesterol: 34.42mg (11.48%), Sodium: 881.01mg (38.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.28g (90.55%), Manganese: 6.65mg (332.71%), Vitamin K: 289.82µg (276.02%), Selenium: 165.86µg (236.95%), Magnesium: 356.47mg (89.12%), Phosphorus: 844.07mg (84.41%), Vitamin B1: 1.14mg (75.89%), Vitamin C: 53.66mg (65.04%), Vitamin B3: 11.82mg (59.12%), Folate: 236.25µg (59.06%), Copper: 1.09mg (54.74%), Iron: 9.54mg (52.99%), Vitamin A: 2625.48IU (52.51%), Calcium: 492.82mg (49.28%), Zinc: 7.1mg (47.32%), Vitamin B6: 0.79mg (39.59%), Vitamin B2: 0.53mg (31.09%), Potassium: 927.57mg (26.5%), Vitamin B5: 2.52mg (25.16%), Vitamin E: 3.72mg (24.83%), Fiber: 5.01g (20.05%), Vitamin B12: 0.52µg (8.75%), Vitamin D: 0.19µg (1.25%)