

health-score 100%

HEALTH SCORE

Orecchiette with Greens, Garbanzo Beans and Ricotta Salata

☒ Vegetarian ☒ Very Healthy

READY IN

ready

26 min.

SERVINGS

servings

6

CALORIES

calories

480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces baby spinach leaves
- ☐ 15 ounce garbanzo beans rinsed drained canned
- ☐ 2 garlic cloves crushed
- ☐ 2 cups grape tomatoes
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons lemon zest
- ☐ 12 ounces mustard greens stemmed

- ☐ 0.5 cup olive oil
- ☐ 1 pound orecchiette
- ☐ 8 ounces pecorino crumbled

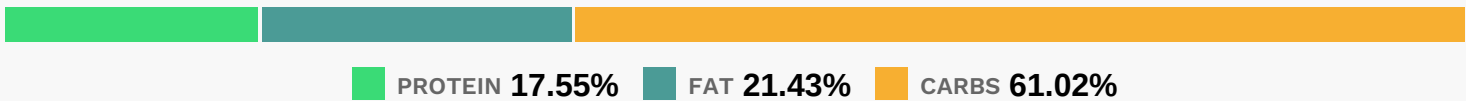
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain and reserve about 1 cup of the pasta water.
- ☐ In a large skillet over medium-high heat, heat the oil.
- ☐ Add the garlic and cook until fragrant and lightly browned, about 2 minutes. Using a slotted spoon, remove the garlic and discard.
- ☐ Add the Swiss chard and cook until wilted. In batches, add the spinach and cook until wilted.
- ☐ Add the beans and tomatoes and cook for 5 minutes. Turn off the heat.
- ☐ Add the pasta, 1/2 of the cheese, and lemon zest. Toss well and thin out the sauce with a little pasta water, if needed.
- ☐ Transfer to a large serving bowl and season with salt and pepper.
- ☐ Sprinkle with the remaining cheese and serve.

Nutrition Facts



Properties

Glycemic Index:45.56, Glycemic Load:26.74, Inflammation Score:-10, Nutrition Score:36.079565286636%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg Kaempferol: 25.38mg, Kaempferol: 25.38mg, Kaempferol: 25.38mg, Kaempferol: 25.38mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 479.78kcal (23.99%), Fat: 11.6g (17.84%), Saturated Fat: 4.04g (25.28%), Carbohydrates: 74.3g (24.77%), Net Carbohydrates: 64.99g (23.63%), Sugar: 4.45g (4.95%), Cholesterol: 19.28mg (6.43%), Sodium: 292.23mg (12.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.73%), Vitamin K: 426.9µg (406.57%), Vitamin A: 7624.78IU (152.5%), Manganese: 1.87mg (93.5%), Selenium: 55.91µg (79.87%), Vitamin C: 63.67mg (77.17%), Folate: 160.25µg (40.06%), Fiber: 9.31g (37.25%), Vitamin B6: 0.73mg (36.25%), Phosphorus: 333.66mg (33.37%), Magnesium: 132.28mg (33.07%), Potassium: 968.59mg (27.67%), Copper: 0.54mg (26.82%), Iron: 4.65mg (25.84%), Calcium: 248.41mg (24.84%), Vitamin E: 3.21mg (21.37%), Vitamin B2: 0.31mg (18.26%), Zinc: 2.53mg (16.9%), Vitamin B1: 0.21mg (13.74%), Vitamin B3: 2.59mg (12.93%), Vitamin B5: 0.83mg (8.28%), Vitamin B12: 0.13µg (2.14%)