



## Orecchiette with Kale and Breadcrumbs

READY IN



45 min.

SERVINGS



6

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 fillet anchovy packed in oil, drained
- 6 servings pepper black freshly ground
- 1 cup coarse salt fresh
- 3 garlic clove divided chopped
- 1 pound kale trimmed ( 2 large bunches)
- 6 servings kosher salt
- 5 tablespoons olive oil divided plus more for drizzling
- 1 pound orecchiette ear-shaped (little pasta)
- 0.3 teaspoons pepper red crushed

- 2 tablespoons butter unsalted ()

## Equipment

- bowl
- frying pan
- paper towels
- pot
- tongs

## Directions

- Working in batches, cook kale in a large pot of boiling salted water until just tender, about 4 minutes. Using tongs, transfer to a rimmed baking sheet; let cool. Set aside pot with water. Squeeze out excess liquid from kale; chop leaves and finely chop stems; set aside.
- Heat 3 tablespoons oil in a small skillet over medium heat.
- Add breadcrumbs and cook, stirring often, until beginning to brown, about 4 minutes.
- Add one-third of chopped garlic and cook, stirring often, until breadcrumbs are golden, about 3 minutes. Season with salt and pepper and transfer to a paper towel-lined plate; let cool.
- Heat butter and remaining 2 tablespoons oil in a large heavy pot over medium-low heat.
- Add anchovies, red pepper flakes, and remaining two-thirds of chopped garlic; cook, mashing anchovies with a spoon, until a paste forms, about 2 minutes.
- Add reserved kale and 1/2 cup water. Cook, stirring often, until kale is warmed through, about 4 minutes. Season with salt and pepper.
- Meanwhile, bring reserved kale cooking liquid to a boil; add pasta and cook, stirring occasionally, until al dente.
- Drain, reserving 1 cup pasta cooking liquid.
- Add pasta and 1/2 cup pasta cooking liquid to kale mixture and stir to coat. Increase heat to medium and continue stirring, adding more cooking liquid as needed, until sauce coats pasta.
- Mix in Parmesan and 1/2 cup breadcrumbs; toss to combine. Divide pasta among bowls, drizzle with oil, and top with remaining breadcrumbs.

## Nutrition Facts



■ PROTEIN 11.26% ■ FAT 35.47% ■ CARBS 53.27%

## Properties

Glycemic Index:22.67, Glycemic Load:22.92, Inflammation Score:-10, Nutrition Score:28.044782405314%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg, Isorhamnetin: 17.84mg Kaempferol: 35.38mg, Kaempferol: 35.38mg, Kaempferol: 35.38mg, Kaempferol: 35.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg

## Nutrients (% of daily need)

Calories: 449.74kcal (22.49%), Fat: 17.87g (27.49%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 54.79g (19.92%), Sugar: 2.65g (2.94%), Cholesterol: 11.63mg (3.88%), Sodium: 19105.78mg (830.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.53%), Vitamin K: 302.54µg (288.13%), Vitamin A: 7695.66IU (153.91%), Vitamin C: 71.08mg (86.15%), Selenium: 49.76µg (71.09%), Manganese: 1.28mg (64.1%), Calcium: 228.29mg (22.83%), Fiber: 5.6g (22.42%), Phosphorus: 192.92mg (19.29%), Vitamin B2: 0.32mg (18.75%), Magnesium: 67.36mg (16.84%), Vitamin E: 2.42mg (16.13%), Folate: 60.94µg (15.24%), Copper: 0.29mg (14.32%), Iron: 2.56mg (14.21%), Potassium: 456.02mg (13.03%), Vitamin B3: 2.57mg (12.87%), Vitamin B6: 0.24mg (12.15%), Vitamin B1: 0.16mg (10.57%), Zinc: 1.48mg (9.88%), Vitamin B5: 0.43mg (4.28%)