



## Orecchiette with Kale and Breadcrumbs

READY IN



45 min.

SERVINGS



6

CALORIES



499 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
- ☐ 0.8 cup grana padano cheese finely grated
- ☐ 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 13.73%**  **FAT 37.83%**  **CARBS 48.44%**

## Properties

Glycemic Index:27.17, Glycemic Load:23.03, Inflammation Score:-10, Nutrition Score:29.773478409518%

## 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: 498.74kcal (24.94%), Fat: 21.1g (32.46%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 60.8g (20.27%), Net Carbohydrates: 55.19g (20.07%), Sugar: 2.75g (3.05%), Cholesterol: 20.13mg (6.71%), Sodium: 19306.03mg (839.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.47%), Vitamin K: 302.75µg (288.34%), Vitamin A: 7793.28IU (155.87%), Vitamin C: 71.08mg (86.15%), Selenium: 52.58µg (75.11%), Manganese: 1.28mg (64.22%), Calcium: 376.29mg (37.63%), Phosphorus: 279.67mg (27.97%), Fiber: 5.6g (22.42%), Vitamin B2: 0.36mg (21.19%), Magnesium: 72.86mg (18.22%), Vitamin E: 2.45mg (16.31%), Folate: 61.82µg (15.45%), Iron: 2.66mg (14.78%), Copper: 0.29mg (14.52%), Potassium: 467.52mg (13.36%), Vitamin B3: 2.61mg (13.04%), Vitamin B6: 0.25mg (12.72%), Zinc: 1.83mg (12.17%), Vitamin B1: 0.16mg (10.89%), Vitamin B5: 0.48mg (4.85%), Vitamin B12: 0.17µg (2.91%)