



HEALTH SCORE

100%

Orecchiette with Lentils, Onions, and Spinach



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce baby spinach
- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup green lentils french
- ☐ 2 garlic cloves chopped
- ☐ 0.3 cup olive oil
- ☐ 7 cups onions thinly sliced (2 pounds total)
- ☐ 1 pound orecchiette
- ☐ 1.5 ounces parmigiano-reggiano finely grated ()

- ☐ 0.3 teaspoon salt
- ☐ 1 turkish or

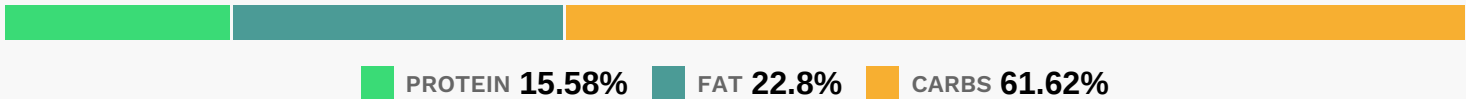
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ colander

Directions

- ☐ Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then stir in onions, garlic, salt, pepper, and bay leaf. Reduce heat to moderately low and cook, covered, stirring occasionally, until onions are very tender and golden, 20 to 25 minutes. Discard bay leaf.
- ☐ While onions cook, cover lentils with water by 1 inch in a 1 1/2- to 2-quart saucepan and boil over moderate heat, covered, until lentils are just tender and most of water is absorbed, 15 to 20 minutes. Season with salt and pepper and let stand, covered, until ready to use.
- ☐ Cook pasta in a 6- to 8-quart pot of boiling salted water until al dente. Reserve 1 cup cooking water, then drain pasta in a colander and return pasta to pot.
- ☐ Add onions, lentils, and spinach to pasta, then toss with just enough reserved cooking water to wilt spinach and moisten pasta.
- ☐ Add cheese and salt and pepper to taste, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:35.77, Glycemic Load:29.25, Inflammation Score:-10, Nutrition Score:37.49130431919%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg, Isorhamnetin: 9.35mg Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg, Kaempferol: 4.23mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 39.79mg, Quercetin: 39.79mg, Quercetin: 39.79mg, Quercetin: 39.79mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 614.47kcal (30.72%), Fat: 15.69g (24.14%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 95.42g (31.81%), Net Carbohydrates: 79g (28.73%), Sugar: 10.85g (12.05%), Cholesterol: 4.82mg (1.61%), Sodium: 262.11mg (11.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Vitamin K: 238.07µg (226.73%), Manganese: 1.81mg (90.43%), Vitamin A: 4503.47IU (90.07%), Selenium: 53.58µg (76.54%), Folate: 294.58µg (73.65%), Fiber: 16.43g (65.71%), Phosphorus: 415.29mg (41.53%), Vitamin C: 28.82mg (34.93%), Magnesium: 138.56mg (34.64%), Vitamin B1: 0.47mg (31.66%), Vitamin B6: 0.62mg (30.78%), Potassium: 1021.68mg (29.19%), Iron: 5.22mg (29.01%), Copper: 0.52mg (26.24%), Zinc: 3.37mg (22.47%), Calcium: 209.73mg (20.97%), Vitamin E: 2.98mg (19.88%), Vitamin B2: 0.28mg (16.32%), Vitamin B3: 2.7mg (13.52%), Vitamin B5: 1.31mg (13.1%), Vitamin B12: 0.09µg (1.42%)