



Orecchiette with Potatoes and Radishes

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups asparagus diagonally sliced (1-inch)
- 2 garlic cloves minced
- 2 tablespoons olive oil
- 8 ounces orecchiette uncooked
- 0.5 ounce parmesan cheese fresh grated
- 8 ounce radishes with tops
- 1 pound potatoes red cut into 1-inch cubes (3 cups)
- 0.5 teaspoon salt
- 0.8 cup vegetable broth

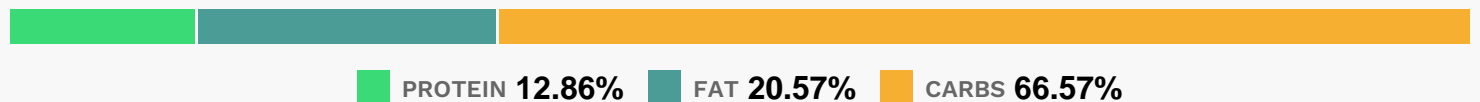
Equipment

frying pan

Directions

- Wash radishes and green tops thoroughly.
- Cut radishes into thin slices to equal 1/2 cup; chop radish tops to equal 1/3 cup.
- Cook pasta according to package directions, omitting salt and fat; keep warm.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add radishes, radish tops, and garlic; saut 5 minutes, stirring frequently.
- Add potatoes and broth; bring to a boil. Cover, reduce heat, and simmer 7 minutes or until potatoes are tender.
- Add asparagus; cook 3 minutes.
- Add salt.
- Combine potato mixture and pasta; toss well.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:9.08, Inflammation Score:-5, Nutrition Score:9.4795652742943%

Flavonoids

Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg, Pelargonidin: 17.9mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 196.21kcal (9.81%), Fat: 4.54g (6.98%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 29.99g (10.91%), Sugar: 2.85g (3.17%), Cholesterol: 1.2mg (0.4%), Sodium: 285.68mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Selenium: 19.65µg (28.07%), Manganese:

0.43mg (21.28%), Vitamin K: 18.13µg (17.26%), Vitamin C: 11.18mg (13.55%), Potassium: 459.63mg (13.13%), Phosphorus: 124.7mg (12.47%), Fiber: 3.04g (12.18%), Copper: 0.24mg (11.92%), Folate: 39.96µg (9.99%), Vitamin B6: 0.2mg (9.91%), Iron: 1.64mg (9.13%), Magnesium: 35.99mg (9%), Vitamin B1: 0.12mg (8.33%), Vitamin B3: 1.54mg (7.72%), Vitamin A: 320.05IU (6.4%), Vitamin E: 0.92mg (6.16%), Zinc: 0.9mg (6.03%), Vitamin B2: 0.1mg (5.86%), Calcium: 49.21mg (4.92%), Vitamin B5: 0.43mg (4.31%)