



## Pappardelle with Spinach and Feta

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 pinch pepper red crushed
- ☐ 0.5 cup feta crumbled
- ☐ 2 tablespoons flat-leaf parsley finely chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 pound pappardelle dried
- ☐ 4 servings sea salt
- ☐ 2 pounds pkt spinach dried washed

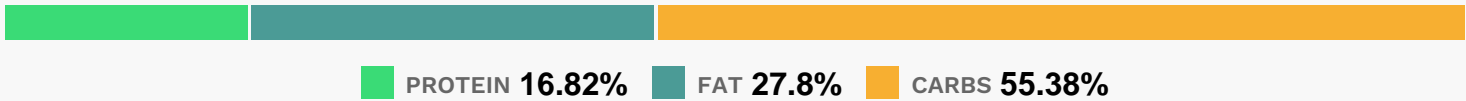
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ colander

## Directions

- ☐ Cook the pappardelle in a large pot of boiling salted water until al dente.
- ☐ Drain the pasta in a colander set in the sink, reserving 1/4 cup of the cooking water.
- ☐ Meanwhile, in a large, deep skillet, cook the spinach over high heat, stirring until wilted, about 1 minute.
- ☐ Drain the spinach in a colander set over a bowl and press gently; reserve the liquid. Coarsely chop the spinach.
- ☐ Wipe out the skillet and add the olive oil and garlic. Cook over moderate heat, stirring, until the garlic is lightly browned.
- ☐ Add the crushed red pepper and cook for 30 seconds.
- ☐ Add the spinach and a generous pinch of salt and cook, stirring until hot, about 1 minute.
- ☐ Add the pasta to the skillet along with the reserved spinach liquid and pasta cooking water and season with salt. Cook until the liquid has nearly evaporated and the spinach is silky, about 3 minutes. Stir in the feta and parsley and serve in deep bowls.
- ☐ Notes: One Serving – Calories 433 kcal, Total Fat 6 gm, Saturated Fat 3 gm, Protein 18 gm, Carbohydrates 65 gm

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:26.9, Inflammation Score:-10, Nutrition Score:46.307391301445%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Kaempferol: 14.51mg, Kaempferol: 14.51mg, Kaempferol: 14.51mg, Kaempferol: 14.51mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg, Quercetin: 9.05mg

Nutrients (% of daily need)

Calories: 494.46kcal (24.72%), Fat: 15.72g (24.19%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 70.46g (23.49%), Net Carbohydrates: 62.54g (22.74%), Sugar: 2.59g (2.88%), Cholesterol: 88.13mg (29.38%), Sodium: 606.62mg (26.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.8%), Vitamin K: 1133.27µg (1079.3%), Vitamin A: 21574.63IU (431.49%), Manganese: 2.81mg (140.43%), Folate: 473.76µg (118.44%), Selenium: 72.43µg (103.47%), Vitamin C: 67.09mg (81.32%), Magnesium: 233.66mg (58.42%), Iron: 8.09mg (44.95%), Potassium: 1505.37mg (43.01%), Vitamin E: 5.99mg (39.91%), Vitamin B2: 0.67mg (39.3%), Phosphorus: 383.96mg (38.4%), Vitamin B6: 0.74mg (36.78%), Calcium: 353.84mg (35.38%), Fiber: 7.92g (31.67%), Copper: 0.56mg (28.18%), Vitamin B1: 0.36mg (23.78%), Zinc: 3.42mg (22.83%), Vitamin B3: 3.66mg (18.29%), Vitamin B5: 1.13mg (11.26%), Vitamin B12: 0.56µg (9.39%), Vitamin D: 0.33µg (2.2%)