



Pasta with Beet Greens and Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups bunches of kale trimmed coarsely chopped
- 0.1 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 1.5 tablespoons olive oil
- 0.3 cup raisins
- 0.5 teaspoon salt
- 0.3 cup slivered almonds toasted
- 8 ounces frangelico mini uncooked (penne)

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Equipment

bowl

frying pan

Directions

Cook the pasta according to package directions, omitting salt and fat.

Drain.

While pasta cooks, place raisins in a small bowl; cover with hot water.

Let stand 10 minutes.

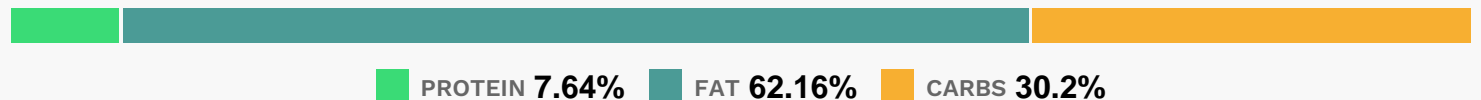
Drain.

While pasta cooks and raisins soak, heat oil in a large nonstick skillet over medium-high heat.

Add greens and garlic; saut 3 minutes or until greens are tender. Stir in pasta, raisins, almonds, salt, and 1/8 teaspoon black pepper; toss to combine.

Sprinkle with cracked black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:32.7, Glycemic Load:4.14, Inflammation Score:-7, Nutrition Score:9.9865216483241%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 133.41kcal (6.67%), Fat: 9.83g (15.12%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 8.23g (2.99%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 336.8mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin K: 79.31µg (75.53%), Vitamin A: 1202.6IU (24.05%), Vitamin E: 3.35mg (22.32%), Manganese: 0.35mg (17.73%), Magnesium: 41.06mg (10.26%), Fiber: 2.51g (10.05%), Vitamin B2: 0.16mg (9.63%), Potassium: 296.48mg (8.47%), Vitamin C: 6.97mg (8.45%), Copper: 0.16mg (8.24%), Iron: 1.14mg (6.32%), Phosphorus: 61.8mg (6.18%), Calcium: 54.01mg (5.4%), Vitamin B6: 0.08mg (4.03%), Vitamin B1: 0.05mg (3.51%), Zinc: 0.4mg (2.67%), Vitamin B3: 0.52mg (2.6%), Folate: 7.17µg (1.79%), Selenium: 0.95µg (1.36%), Vitamin B5: 0.11mg (1.1%)