



Pasta with Black Kale, Caramelized Onions, and Parsnips

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 garlic cloves chopped
- ☐ 8 cups kale black trimmed chopped (3 bunches)
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 2.5 cups onion sliced (1 large)

- ☐ 2 ounces parmigiano-reggiano cheese divided shaved
- ☐ 3 cups diagonally cut parsnip () (1 pound)
- ☐ 8 ounces penne pasta uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable broth organic

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
- ☐ Add parsnip to pan; cook 12 minutes or until tender and browned, stirring occasionally.
- ☐ Place in a large bowl; keep warm.
- ☐ Heat remaining 1 tablespoon oil in pan over medium-low heat.
- ☐ Add onion to pan; cook 20 minutes or until tender and golden brown, stirring occasionally. Stir in thyme and garlic; cook 2 minutes, stirring occasionally.
- ☐ Add wine; cook 3 minutes or until liquid almost evaporates. Stir in kale and broth; cook, covered, 5 minutes or until kale is tender. Uncover; cook 4 minutes or until kale is very tender, stirring occasionally.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain pasta in a sieve over a bowl, reserving 3/4 cup cooking liquid.
- ☐ Add drained pasta to kale mixture. Stir in parsnips, 1/2 cup reserved cooking liquid, 1/4 cup cheese, 1/2 teaspoon salt, and 1/2 teaspoon black pepper; cook for 1 minute or until thoroughly heated.
- ☐ Add remaining 1/4 cup cooking liquid if needed to moisten. Top with remaining 1/4 cup cheese.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:17.81, Inflammation Score:-10, Nutrition Score:23.35695651044%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 9.95mg, Isorhamnetin: 9.95mg, Isorhamnetin: 9.95mg, Isorhamnetin: 9.95mg Kaempferol: 13.54mg, Kaempferol: 13.54mg, Kaempferol: 13.54mg, Kaempferol: 13.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 20.56mg, Quercetin: 20.56mg, Quercetin: 20.56mg, Quercetin: 20.56mg

Nutrients (% of daily need)

Calories: 326.83kcal (16.34%), Fat: 8.4g (12.92%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 49.78g (16.59%), Net Carbohydrates: 42.78g (15.56%), Sugar: 7.71g (8.56%), Cholesterol: 6.43mg (2.14%), Sodium: 451.51mg (19.63%), Alcohol: 2.06g (100%), Alcohol %: 1.02% (100%), Protein: 10.88g (21.76%), Vitamin K: 127.82µg (121.74%), Vitamin A: 2970.57IU (59.41%), Manganese: 1.09mg (54.5%), Vitamin C: 44.88mg (54.4%), Selenium: 28.11µg (40.16%), Fiber: 7g (27.99%), Calcium: 241.27mg (24.13%), Phosphorus: 227.13mg (22.71%), Folate: 82.86µg (20.72%), Potassium: 568.76mg (16.25%), Magnesium: 64.04mg (16.01%), Vitamin B6: 0.28mg (14.13%), Vitamin E: 1.93mg (12.84%), Vitamin B2: 0.21mg (12.56%), Copper: 0.25mg (12.43%), Vitamin B1: 0.17mg (11.04%), Iron: 1.88mg (10.47%), Zinc: 1.48mg (9.86%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.74mg (7.4%), Vitamin B12: 0.11µg (1.89%)