



## Pasta with Caramelized Onion Trio, Arugula, and Mozzarella

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups arugula coarsely chopped
- 1 tablespoon balsamic vinegar
- 0.3 cup currants dried
- 1 cup less-sodium chicken broth fat-free
- 2 ounces mozzarella cheese fresh cubed
- 0.5 teaspoon thyme leaves fresh chopped
- 0.3 cup green onions coarsely chopped

- 0.3 cup heavy cream
- 2 cups leek coarsely chopped
- 8 ounces pasta uncooked
- 1 tablespoon olive oil
- 0.8 teaspoon salt
- 1.5 cups onion white coarsely chopped

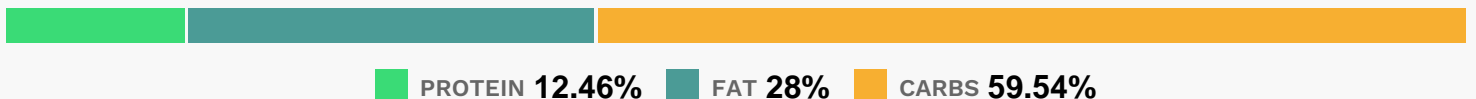
## Equipment

- frying pan
- sauce pan

## Directions

- Heat olive oil in a large nonstick skillet over medium heat.
- Add leek, white onion, and green onions; cook 5 minutes, stirring frequently. Cover, reduce heat to low, and cook 20 minutes or until leek and onions are golden brown, stirring frequently.
- While onion mixture cooks, prepare pasta according to package directions, omitting salt and fat.
- Bring the broth to a boil in a small saucepan.
- Add dried currants and vinegar.
- Add broth mixture, cream, and salt to onion mixture; cook 2 minutes, stirring frequently.
- Remove from heat; stir in arugula, mozzarella, and thyme.
- Add to pasta; toss gently to combine.

## Nutrition Facts



## Properties

Glycemic Index:78, Glycemic Load:22.25, Inflammation Score:-9, Nutrition Score:17.483478193698%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg

## Nutrients (% of daily need)

Calories: 422.18kcal (21.11%), Fat: 13.29g (20.44%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 63.57g (21.19%), Net Carbohydrates: 59.18g (21.52%), Sugar: 13.01g (14.46%), Cholesterol: 28.01mg (9.34%), Sodium: 784.31mg (34.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.61%), Selenium: 40.81µg (58.31%), Vitamin K: 48.26µg (45.96%), Manganese: 0.92mg (45.85%), Vitamin A: 1375.56IU (27.51%), Phosphorus: 222.63mg (22.26%), Fiber: 4.39g (17.56%), Folate: 66.95µg (16.74%), Calcium: 166.45mg (16.64%), Vitamin C: 13.37mg (16.2%), Magnesium: 63.04mg (15.76%), Vitamin B6: 0.31mg (15.66%), Copper: 0.3mg (14.85%), Iron: 2.46mg (13.65%), Potassium: 466.28mg (13.32%), Zinc: 1.53mg (10.2%), Vitamin B2: 0.17mg (10.07%), Vitamin B1: 0.14mg (9.26%), Vitamin B3: 1.77mg (8.83%), Vitamin E: 1.24mg (8.26%), Vitamin B12: 0.46µg (7.67%), Vitamin B5: 0.56mg (5.6%), Vitamin D: 0.29µg (1.96%)